January Workout: Full body Plyometric

Directions:
- perform each circuit three times
- take a break in between each circuit

Circuit 1

- **HIGH KNEE SKIP**
  - 30 SECONDS
- **GATE SWING**
  - 15 REPS
- **SHOULDER PRESS & SIDE CRUNCH**
  - 15 REPS
  - ALT. SIDES
Circuit 2

**SPLIT LUNGE JUMP**
15 REPS
ALT. SIDES

**SINGLE-ARM CHEST PRESS**
15 REPS
ALT. SIDES

**V CRUNCH**
15 REPS

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Circuit 3

**JUMP SQUAT**
15 REPS

**DUMBBELL CROSSOVER PUNCH**
15 REPS
ALT. SIDES

**PLANK JACK**
20 REPS

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