



1 IN/IN/OUT/OUT LINE RUNS 45 SEC




3 PLANK 45 SEC




5 SINGLE LEG HOPS (L) 45 SEC




2 VERTICAL JUMPS 45 SEC



4 SINGLE LEG HOPS (R) 45 SEC



6 LONG JUMP + JOG BACK 45 SEC



Instructions: Rest 60 seconds between each exercise; complete 3 total rounds

Glute Guide Add On Workout - Plyometrics 