

HIIT / Plyometrics

Workout 04

FULLBODY / HIT

Squat Jumps

REPS

10

FULLBODY / HIT

Goblet Squats w / DB (optional)

REPS

15

FULLBODY / HIT

Split Lunges w / DB

REPS

12

FULLBODY / HIT

Laterals w / DB

REPS

10

FULLBODY / HIT

Burpees

REPS

8