

Today's Workout

Begin with a 10 minute warm up (bike, jog, or erg)

- 3x15 Jump Squats
- 3x20 Split Squat with Jumps
- 3x30sec Step Ups (for speed)

- 3x16 Walking Lunge
- 3x8 Broad Jumps
- 3x8 Vertical Jumps

Finish with a 10 minute cool down (slow bike, jog, stretch)