

BURN-FAT, BUILD-MUSCLE PLYO WORKOUT

Warm up with five minutes of light cardio. Perform each three-exercise circuit three times before moving to the next. Cool down with five minutes of stretching.

CIRCUIT 1



**JUMP SQUAT
W/HEEL CLICK**

15 reps



**LEG BALANCE
WARRIOR 3**

10 reps, each side



**PLANK WITH
BUNNY HOP**

20 reps, alt. sides

CIRCUIT 2



SIDE SKATER

30 reps, alt. sides



**OBLIQUE
V-CRUNCH**

8 reps, each side



**ASYMMETRICAL
PUSH-UP**

10 reps, alt. sides

CIRCUIT 3



**180 JUMP
SQUAT**

20 reps, alt. sides



**SIDE ELBOW PLANK
WITH LEG LIFT**

10 reps, each side



**PLANK W/ALT.
SHOULDER &
KNEE TAP**

10 reps