**Plyo Workout 1**

**This is a 3:30 Routine…..do 3 times for a 10 minute workout**

:30 Jump Squat….Done facing forward….<https://www.youtube.com/watch?v=SDJIQq-BrCc>….. start @ :20 secs.

* Go Down Slow( Deep Knee Bend)……Hands Come Up as you go Down (Like a Basketball Player)
* Then Jump Up….@ 3-4 Inches…land soft
* Return to go down

:30 Run/Stance Squats….Same Deep Bend as above and Hands come up on Down

* <https://www.youtube.com/watch?v=-IbuzhCBagM>.... Bad video but you can see the real thing
* Think of a small triangle….front foot is top of triangle…back foot a little off to side…..you are not square to the point
* Front Toe should be even with Back Heel…..(A little Open Faced)
* Go Down for 4 squats…similar to above…..Jump Switch back foot to front foot after Fourth go down….you should end up back in that triangle position…(This jump switch should be soft……Like a Cat)

:30 Double Airborne Heisman…<https://www.youtube.com/watch?v=C5X_4YaMW7s>

* Two Steps/Hold (Tire….Tire…Hold)
* Keep Handshake Up….Drive Up knee to Opposite hand on the hold move

1:00 Swing Kicks….Stool or Tall Cone…..<https://www.youtube.com/watch?v=Mp92qF9ZeZE> again Vid not great but is the real thing

* Start on one Side of Chair/Cone
* Lead with leg swing over from inside foot/follow with leg swing over of outside foot
* Right Leg then Left Leg……Left the Right

1:00 Circle Run…around towel/cone Funny example……….<https://www.youtube.com/watch?v=SHh-23XBqfE>

* Head and Shoulders Up…Always Face Front
* Small Steps Around
* After :30….Switch Rotation