



[tj-sportz.com](http://tj-sportz.com)

Adjustable Total Body Plyo Workout

Select the desired level of difficulty and duration of rest between exercises from the drop down lists, then complete all sets of a circuit before moving on to the next. You can change the exercises using the drop down lists in each cell. Videos of each exercise update in the boxes to the right as you choose different exercises. Take 2 minutes rest between each circuit.

**Choose Level of Difficulty**

**3 sets x 5 reps**

**Rest Between Exercises**

**45 seconds**

<b>Circuit 1</b>
<b>Tuck Jump</b>
<b>Drop Push Up</b>
<b>Ankle Hops</b>

<b>Videos</b>
<a href="#">Tuck Jump</a>
<a href="#">Drop Push Up</a>
<a href="#">Ankle Hops</a>

<b>Circuit 2</b>
<b>Squat Drop Jump</b>
<b>Push Up OC</b>
<b>Drop Lunge Jump FWD</b>

<b>Videos</b>
<a href="#">Squat Drop Jump</a>
<a href="#">Push Up OC</a>
<a href="#">Drop Lunge Jump FWD</a>

<b>Circuit 3</b>
<b>Speed Skaters 45</b>
<b>Clap Push Up</b>
<b>Broad Jump</b>

<b>Videos</b>
<a href="#">Speed Skaters 45</a>
<a href="#">Clap Push Up</a>
<a href="#">Broad Jump</a>

<b>Recovery</b>
<b>Laying Hip Diagonals</b>
<b>Laying Hip Flares</b>
<b>RFE Stretch</b>
<b>Laying Wall Shakes</b>

<b>Videos</b>
<a href="#">Laying Hip Diagonals</a>
<a href="#">Laying Hip Flares</a>
<a href="#">RFE Stretch</a>
<a href="#">Laying Wall Shakes</a>

