Simple Plyometric workout

This workout will focus upon increasing your power, your ability to use your strength quickly. Plyometric training is very useful for Olympic Weightlifters and any sports which require outbursts of Power.

* Skipping **(Skipping rope)**
* Jump squats
* Burpees
* Step ups
* Jump lunges
* Press-ups with claps
* Mountain climbers
* Sprinting from one area to another

Between each exercise you should have a 1 – 2 min rest.

This circuit should be completed 2 – 3 times.

Full body small circuit training workout (Equipment required)

1. Kettlebell swings or Kettlebell pushes
2. Step ups or jumps onto blocks/ bench
3. Sit-ups
4. Dumbbell flys
5. Skipping
6. Back squats or front squats

1 min spent upon each exercise, repeat the circuit 2 – 3 times.