



GEORGINA

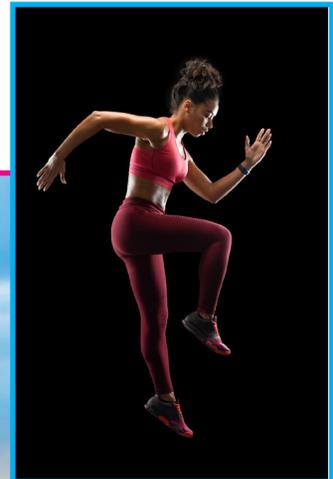


# RECREATION AT HOME

## Plyometric Workout

Make this week's exercise a Plyometric Win for your body, all while reaching for a faster, stronger you during your recreation at home journey! Plyometrics, or plyo for short, includes explosive movements like jumping jacks and lateral bounds to get your heart pumping – but it's more than a cardio circuit workout!

- 1. Single Leg Jump** – Stand with feet together, then press through left foot to jump up, driving right knee towards chest and left arm forward, left elbow bent about 90 degrees. Repeat for the other side. That's 1 Rep. Do 10 Reps.



- 2. Jumping Jack** – Stand with feet together and arms at your sides, then jump feet wider than your shoulders, lifting your arms over your head. Reverse movement to complete Rep 1. Repeat for 10 Reps.

- 3. Tuck Jump** – Begin with a shallow squat with your hands clasped. Push through your heels to leap upwards, lifting both your knees towards your chest until your thighs are parallel to the floor. Land softly and return to a standing position. That is Rep 1. Repeat for 10 Reps.



- 4. Squat Jump** - Stand with your feet wider than your shoulders and hands clasped at your chest, lower your hips down and back until you are parallel to the floor with your thighs. Squeeze your glutes and engage your abdominal core and spring through your knees upwards as you extend your arms and legs straight down. Land softly into another squat position. That's Rep 1. Repeat for 10.

- 5. Lateral Bound** - Start by standing with your right foot behind you, and your left leg in front of you, hands clasped in front of you. Gently lift your left leg behind you a few inches off the floor with your body leaning slightly forward. Leap to left side, landing on left foot and raising your right foot behind you. Reverse this motion for each rep. Repeat for 10 reps.

