



LOWER DAILY WORKOUT

- 1. Walking Forward Lunges with Plyotube (2 x 16 steps)**
- 2. Squats with Plyotube (3 x 12 reps)**
- 3. Squats + Jumps (10 Squats 4 Jumps)**
- 4. Stride Simulations with Plyotube (deep knee bend) (3 x 45 secs)**
- 5. Overhead squats (hold med ball, plyotube, or plate overhead) (2 x 12)**
- 6. Box Jumps, Front, Both Legs (medium box) (2 x 8)**
- 7. Box Jumps, Front, Single Leg, small box (2 x 10 each leg)**
- 8. Vertical Jumps (standing, just jump high!) (2 x 10)**

Pee Wee Work Out #2