



# **LOWER DAILY WORKOUT**

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- 1. Walking Forward Lunges with Plyotube (2 x 20 steps)**
- 2. Squats with Plyotube (3 x 15 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 15)**
- 6. Box Jumps, Front, Both Legs (medium box) (2 x 10)**
- 7. Box Jumps, Front, Single Leg, small box (2 x 12 each leg)**
- 8. Vertical Jumps (standing, just jump high!) (2 x 12)**

**Bantam Work Out #2**