



Hammer Plyometrics

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Date/Day					
All Moves 30 sec					
Vertical Jump	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Burpee Pull Up	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Leg In & Outs	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Plyo Push-Up Taps	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Crazy House	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Chin-Ups Crunch Squat Jump	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Knee Driver	Lw _____ r _____ Rw _____ r _____	Lw _____ r _____ Rw _____ r _____	Lw _____ r _____ Rw _____ r _____	Lw _____ r _____ Rw _____ r _____	Lw _____ r _____ Rw _____ r _____
Sumo Tuck Jump	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Lunge Lunge Squat	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____

Equipment: Bench, weights/bands, Chin-up Bar

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