



SPAIN PARK XC

PLYO 2

Routine 2 (barefoot)

1. Bunny hops (20m) x2
2. Single leg hops (20m R/L)
3. Lateral single leg hops (10m R/L)
4. Lunge jumps (4 R/L)
5. Squat jumps (8)
6. Pogo jumps (12)

2 sets. 30s rest for each exercise.

****Video coming soon..****