

## 20 min Plyometrics & Hill Sprints

**Circuit #1** - Perform 5 rounds of this circuit, resting as needed

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
Squat Jump	N/A	10
Burpees	N/A	10
Hill Sprint (~10s as fast as possible)	N/A	N/A
Walk back down hill/recover		

**Circuit #2** - Perform 5 rounds of this circuit, resting as needed

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
Jumping Lunges	N/A	10 ea leg
High Knees	N/A	10 ea side
Hill Sprint (~10s as fast as possible)	N/A	N/A
Walk back down hill/recover		

Finish up with 100 walking lunges (no weight)