

EXPLOSIVE POWER

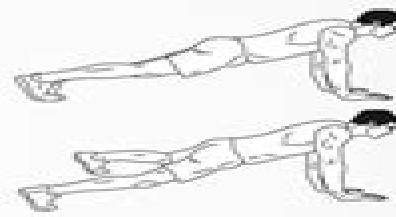
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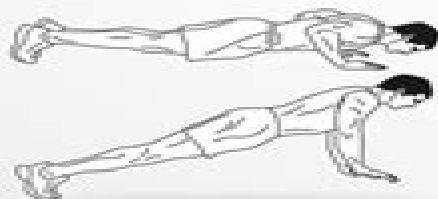
max lunge step-ups
3 sets | 30 seconds rest



max jump squats
3 sets | 30 seconds rest



max plank jacks
3 sets | 30 seconds rest



max power push-ups
3 sets | 30 seconds rest



max climbers
3 sets | 30 seconds rest

9 Workouts To Increase Your Brain Power 9 Awesome Workouts

SJ Ball

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