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Plate Workout For Sport 2

1) Rotational Lunge Out Side

5 Reps Each Way



4) OH Walk Lunge

8 Reps E. Leg



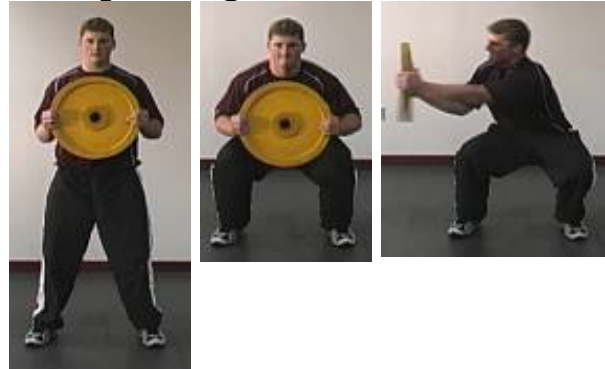
2) 1 Leg RDL With Press

5 Reps E. leg



5) Squat and Rotational Punch

10 Reps to Right and Left



3) Jump Squat and Press

10 Reps



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Plate Workout For Sport 2

6) Standing Twist and Punch

20 Reps E. Way



9) Seated Plate Punches

20 Reps



7) OH Backward Walk Lunge

6 Reps E. Leg



10) Squatting and Plate Press

30 Reps



8) OH Rotational Lunge

10 Reps



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