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Total Body Shock Plyometric Workout

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Perform this workout prior to other forms of training (strength, conditioning, etc). Emphasize **resisting** the impact, not absorbing it.

Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

1) [Depth Drop](#) – 3 Reps

20 – 30 Seconds Rest Between Reps

2) [Clap Push Up](#) – 5 Reps

3) [Bicep Curl Shock](#) – 5 Reps

4) [Speed Glute Ham Drops](#) – 5 Reps

5) [Pull Up Drop](#) – 5 Reps

6) [Depth Drop](#) – 3 Reps

20 – 30 Seconds Rest Between Reps

7) [Clap Push Up](#) – 5 Reps

8) [Bicep Curl Shock](#) – 5 Reps

9) [Speed Glute Ham Drops](#) – 5 Reps

10) [Pull Up Drop](#) – 5 Reps

