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Upper Body Plyometric Workout For Sport 1

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

Choose Your Level	
Level 1	Level 2
2 Sets of 6 Reps	2 Sets of 8 Reps



1) [Clap Push Up](#)

20 – 30 Seconds Rest Between Sets

2) [Band Tricep Extension](#)

20 – 30 Seconds Rest Between Sets

3) [Bicep Curl Shock](#)

20 – 30 Seconds Rest Between Sets

4) [Lateral Deltoid Rebound](#)

20 – 30 Seconds Rest Between Sets

5) [Oscillatory Prone Bench Row](#)

20 – 30 Seconds Rest Between Sets

6) [Oscillatory Push Up](#)

20 – 30 Seconds Rest Between Sets