



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



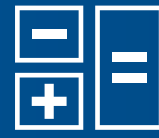
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4 WEEK FAT LOSS ADVANCED PLYOMETRICS WORKOUT

Tired of trotting along on the treadmill to get your cardio in? Make the switch to plyometrics for explosive fat loss results with this 4 week advanced plan!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-fat-loss-advanced-plyometric-workout>

Main Goal: Lose Fat
Training Level: Advanced
Program Duration: 4 Weeks
Days Per Week: 3 Days
Time Per Workout: 20-30 Mins

Equipment: Bands, Bodyweight
Target Gender: Male & Female
Author: Alex Costa

Warm Up & Cool Down

Exercise	Sets	Reps
1. Jumping Jacks	1	30 secs
2. Quad Walk	1	30 secs
3. Knee Huggers	1	30 secs
4. Side Lunges	1	30 secs
5. Soldier Walks	1	30 secs
6. Leg Swings (side to side)	1	30 secs
7. Leg Swings (front to back)	1	30 secs
8. Shoulder Swings	1	30 secs

Monday

Exercise	Sets	Reps
1a. Air Squat Jump Complex (wide to close)	3	60 secs
1b. Plank	3	60 secs
1c. Alternating Lunge Jumps	3	60 secs
1d. Plank (knee to opposite elbow)	3	60 secs
1e. Resisted Jump Throughs (bands on a rack)	3	60 secs
1f. Scissor Kicks	3	60 secs

Wednesday

Exercise	Sets	Reps
1. Clap Push Ups	-	100 Total
2. Broad Jumps	3	10
3. Tuck Jumps	3	60 secs
4a. Knee Bring-Ins	3	60 secs
4b. Plank Walk Outs	3	60 secs
4c. Jack Knives	3	60 secs

Friday

Exercise	Sets	Reps
1. Push Ups	10	10, 9, 8, 7, 6, 5, 4, 3, 2, 1
2a. Lateral Power Skips (bands around thighs)	3	10 Each
2b. Alternating Plyo Push Up w/ Medicine Ball	3	10 Each
2c. Supine Figure 8s to the Left	3	60 secs
2d. Long Lever Plank	3	60 secs
2e. Supine Figure 8s to the Right	3	60 secs

