

# 20 Minute Explosive Sports Workout

**Description:** This full body workout is designed to focus on strengthening the muscle groups responsible for explosive movements that help to optimize performance in sports such as football, basketball, volleyball, and MORE!

**Club Area:** 360 Functional Training

**Equipment Needed:** Kettlebell, Battle Rope, Step Platform (on Synergy 360)

**Judgement Free Tip:** Hydration is one of the most important components of a successful workout. Be sure to keep your muscles hydrated before, during, and after your session!



## Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

## Warm-up/30 sec each

1. Squat to Calve Raise
2. Alternating Forward Lunge
3. Butt Kickers
4. Jumping Jacks

## Main Workout (30:30 x 2)

Do each exercise for 30 seconds and rest for 30 seconds. Go straight to the next exercise in the circuit repeating the same work to rest (30:30) ratio until you've completed all 4 exercises. Then, repeat the entire circuit again (2x).

### Step Platform Circuit

- Step Platform Step-ups
  - + **Modification** - Perform toe taps on the platform instead of stepping up
- Step Platform Step-ups with Knee Drive
  - + **Modification** - Do high knees in place without the platform
- Step Platform Plyo Jumps
  - + **Modification** - Perform squat jumps without the platform
- Step Platform Plank Jacks
  - + **Modification** - Do plank jacks with your palms on the ground instead of the platform

### Battle Rope Circuit

- Battle Rope Alternating Wave
  - + **Modification** - Slow your pace and concentrate on form
- Battle Rope Side-to-Side Wave
  - + **Modification** - Do the twist from an upright position instead of staying in a  $\frac{3}{4}$  squat
- Battle Rope Slam
  - + **Modification** - Perform a squat to calve raise without the rope
- Battle Rope Slam with Plyo Jump
  - + **Modification** - Perform a squat jump without the rope

## Kettlebell Circuit

- Kettlebell Front Raise
    - + **Modification** - Use a lighter weight and maintain good posture
  - Kettlebell Alternating Lateral Lunge w/ Arm Extension
    - + **Modification** - Perform lateral lunges without the kettlebell
  - Kettlebell Clean to Overhead Press
    - + **Modification** - Press your palms together without the kettlebell and execute the movement
  - Kettlebell Swings
    - + **Modification** - Press your palms together without the kettlebell and execute the movement
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## Cool-down/30 sec each

1. Shoulder Stretch
2. Standing Hamstring Stretch
3. Hip Flexor Stretch
4. Lying Glute Stretch

