

20 days

SQUAT JUMP

LES MILLS



TRAINING PROGRAM

Become a squat jump pro!

Improve your plyometric ability and build cardio fitness.

Less than 10 minutes per day.



This training makes use of Tabata training – you do 6 sets of 20 seconds of all-out effort followed by 10 seconds of recovery. It’s a formula that’s often dubbed the “miracle workout”, as the short bursts of maximum effort followed by brief breaks for recovery promote fat burn and improve endurance and speed.

Tip: Always warm up for 3-5 mins before you start squatting – this could be a walk or jog outside, climbing up and down your home stairs, or mixing running on the spot with bodyweight squats.

Day 01

Practice your squat technique ([watch video](#)) and then give squat jumps a go. Do 4-6 squat jumps, take a break and after you are fully recovered, try a max jump where you squat jump next to a wall or pillar to evaluate your jump height.

Day 02

- Tabata 3x rounds: 20 secs squat hips to knees/10 secs rest/20 secs squat with heel lift/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 2x maximum height squat jumps with full recovery between jumps.

Day 03

No squats

Day 04

- Tabata 3x rounds: 20 secs squat with finger touch to floor/10 secs rest/20 secs squat with heel lift/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 2x maximum height squat jumps with full recovery between jumps.

Day 05

No squats

Day 06

- Tabata 3x rounds: 20 secs squat with finger touch to floor/10 secs rest/20 secs half squat with a jump/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 2x maximum height squat jumps with full recovery between jumps.

Day 07

No squats

Day 08

- Tabata 3x rounds: 20 secs squat with finger touch to floor/10 secs rest/20 secs hips to knees squat with a jump/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 2x maximum height squat jumps with full recovery between jumps.

Day 09

No squats

Day 10

- 20x squats with hips to knees
- 10x squats with finger touch to floor
- Take a break and fully recover
- 3x maximum height squat jumps with full recovery between, measure your height on each jump.

Day 11

No squats

Day 12

- Tabata 3x rounds: 20 secs squat with finger touch to floor/10 secs rest/20 secs hips to knees squat with a jump/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 4x maximum height squat jumps with full recovery between jumps.

Day 13

No squats

Day 14

- Tabata 3x rounds: 20 secs half squat with a jump/10 secs rest/20 secs hips to knees squat with a jump/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 4x maximum height squat jumps with full recovery between jumps.

Day 15

No squats

Day 16

- Tabata 3x rounds: 20 secs hips to knees squat with a jump/10 secs rest/20 secs fingers to floor squat with a jump/ 10 secs rest. Count your repetitions in each set and try to improve each round
- End with 4x maximum height squat jumps with full recovery between jumps.

Day 17

No squats

Day 18

- 6x rounds: 20 secs fingers to floor squat with a jump/10 secs rest. Count your repetitions in each set and try to improve each round
- End with 5x maximum height squat jumps with full recovery between jumps.

Day 19

No squats

Day 20

- 20x squats with hips to knees
- 10x squats with finger touch to floor
- Take a break and fully recover
- 5x maximum height squat jumps with full recovery between – measure your height on jump #1 and jump #5