



## Plyo Box Starter Workout (Beginner Friendly)

### Who it's for:

Runners, beginners to strength, or anyone short on time and space.

### Equipment:

Plyo box + optional dumbbells

### Warm-up (5 minutes)

- 30–45 sec brisk walk or march in place
- 10 bodyweight squats
- 10 alternating reverse lunges
- 20–30 sec plank (on floor or box)

Tip: To make this fun, I usually warm up to two songs that get me in the right head-space to work out.

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## Workout

Once you are warmed up, do 2-3 rounds of the following exercises. Rest for 45-60 seconds between each exercise.

1. **Step-ups** (low side of box)  
8 reps each leg  
*Slow and controlled. If these feel easy for you, hold a couple of dumbbells while you do them.*
2. **Box-supported split squats**  
6–8 reps each leg  
*Rear foot on box, bodyweight only to start with. Add dumbbells as you get stronger.*
3. **Elevated push-ups** (hands on box)  
8–10 reps



Start with the taller side of the box and *lower it as you get stronger.*

4. **Plank hold** (hands on box)  
20–30 seconds
5. **Optional power (only if fresh):**  
**Low box jumps** x 5  
*Jump up, step down (Skip this if you're tired or new to plyometrics)*

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### Cool-down (3–5 minutes)

- Hip flexor stretch (foot on box)
- Hamstring stretch (heel on box)
- Calf stretch
- Easy breathing

Tip: It's so easy to skip the cool-down. Put a song on and cool down to at least the whole thing!

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### A few tips:

- Start with the lowest side of the box
- Focus on control over height. Do your exercises in front of a mirror if possible so that you can watch your form. Focus on the form and control before changing the height of the box and dumbbells.
- Skip jumps if you're fatigued or coming off hard runs
- This workout pairs well after easy runs or on non-running days and it'll only take you about 25 minutes.