



JACK IN THE BOXES



HOW TO DO IT:

- 1 Begin in a wide stance standing position, feet should be wider than shoulder width apart, arms at your sides.
- 2 Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Lower low enough that you can touch your fingertips to the ground in between your feet.
- 3 Explode up, bring feet together at top of jump and hands overhead.
- 4 As you come back to the ground, land softly in wide stance position, keeping your knees slightly bent.
- 5 Repeat.

make it easier:

Reduce depth of squat so that fingertips do not touch ground. Take a 2-5 second pause between squats.

make it harder:

Get as low in the starting squat position as possible and gain as much air as possible. Do not take rest between jumps, but move directly into the next repetition.