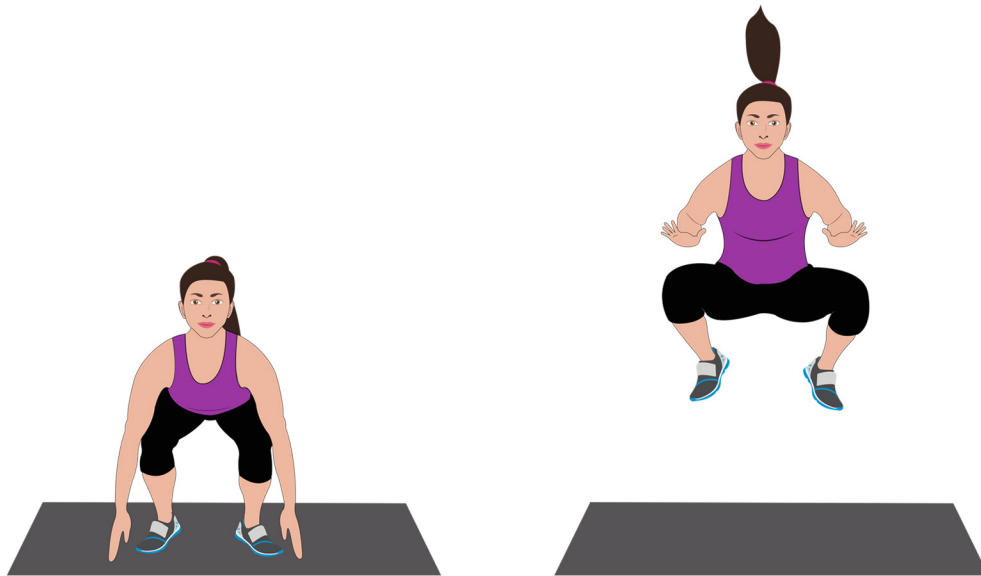




PLYO TUCK JUMPS



HOW TO DO IT:

- 1 Begin in a neutral standing position, feet shoulder width distance 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. Try to lower low enough that you can touch your fingertips to the ground at your sides.
- 3 Explode up, driving your knees towards your chest, attempting to touch them to the palms of your hands as you perform a tuck jump.
- 4 As you come back to the ground, land softly, keeping your knees slightly bent.
- 5 Repeat.

make it easier:

Perform a squat with a smaller jump (don't pull knees up toward chest) or remove the jump entirely and perform an air squat.

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.