



SQUAT JACKS



HOW TO DO IT:

- 1 Begin with feet together in a half squat position, arms bent at 90 degrees by your side.
- 2 Jump feet into a wide stance position while maintaining your half squat. Feet should be wider than shoulder width, arms come forward as feet jump out.
- 3 Jump feet back together while maintaining the half squat, arms return to sides.
- 4 Repeat jacking feet in and out in half squat position until time is called.

make it easier:

Reduce depth of squat, take short 3 second rest for every 10 jack squats.

make it harder:

Increase depth of squat, move feet in and out more rapidly.