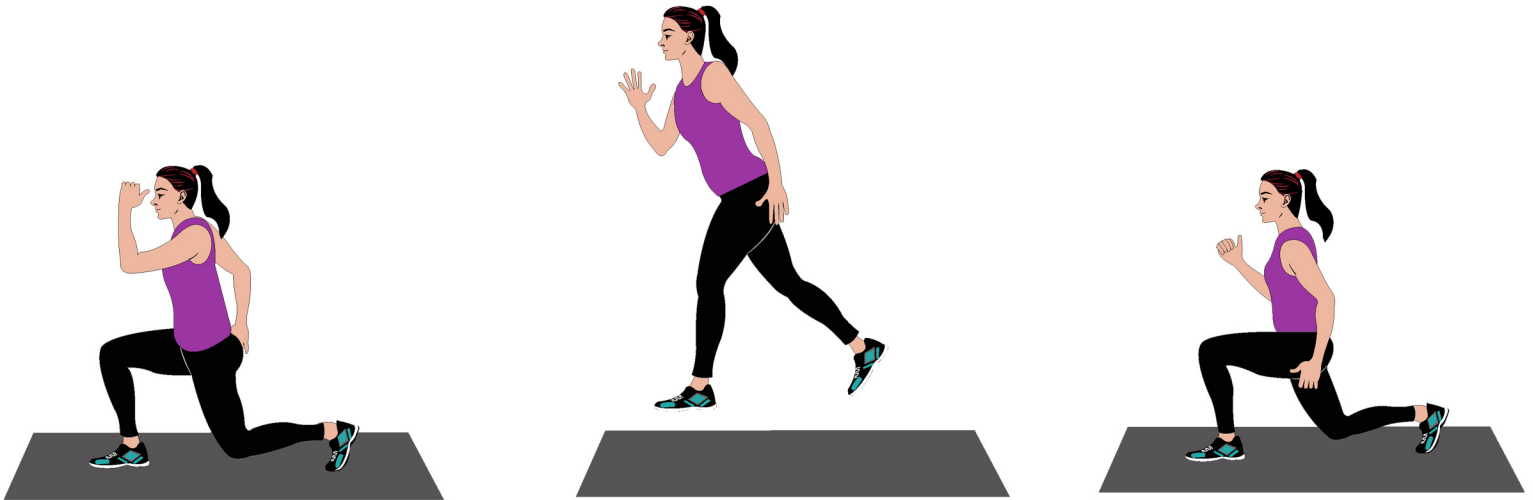




SPLIT JUMPS



HOW TO DO IT:

- 1** Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2** With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.
- 3** Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

make it easier:

Skip the jump and perform alternating front lunges.

make it harder:

Challenge yourself to jump as high as you possibly can between each split jump.