



# KNEELING EXPLOSIONS



## HOW TO DO IT:

- 1** Begin in a kneeling position with arms folded in front of your body, elbows parallel to shoulders.
- 2** With your core engaged, explode up, using your core to lift legs up off the ground. Land in a squat position and hold for 2 seconds.
- 3** Return to starting kneeling position and repeat exercise.

### make it easier:

Eliminate jump after landing.

### make it harder:

After landing in squat, only use one leg to perform explosive jump (bring other leg into skip position), alternate legs.