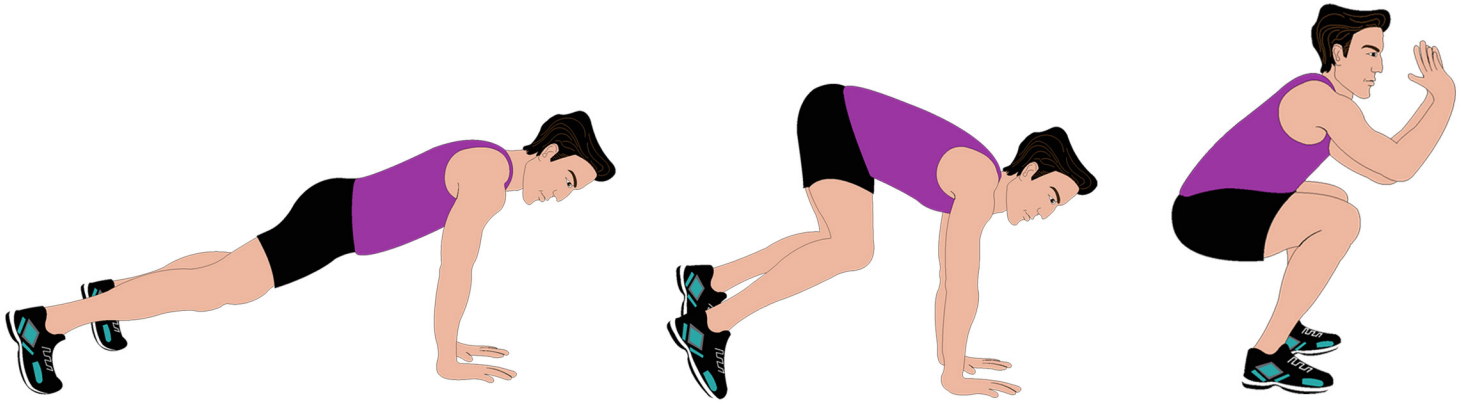




POP JACK



HOW TO DO IT:

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet shoulder width apart.
- 2 In one strong explosive movement, jump feet forward. Land feet just outside shoulder width apart while bringing your chest up and landing in a squat position.
- 3 Place hands back on ground and jump feet back to starting plank position.
- 4 Repeat

make it easier:

Instead of jumping feet forward from plank to a squat, walk feet up towards hands one at a time.

make it harder:

Add a push up to the exercise while in the plank before you “pop up” into a squat.