



BOX JUMPS



HOW TO DO IT:

- 1 Position yourself in front of a raised surface or "box" (could be a step, plyo box, bench, etc.)
- 2 Stand in an athletic position, with your feet shoulder-width apart, at a comfortable distance from the box.
- 3 When you're ready to jump, drop quickly into a quarter squat, then extend your hips, swing your arms, and push your feet through the floor to propel yourself onto the box.
- 4 Land on the box softly and bend your knees to absorb impact.
- 5 Step down from box one foot at a time and repeat the exercise.

make it easier:

Jump onto a shorter box. Take a few seconds to recover in between jumps.

make it harder:

Increase height of box.