



# SUMO SQUAT HOP



## HOW TO DO IT:

- 1 Start in a wide sumo squat stance, feet wider than hip width distance, heels in and toes out.
- 2 With weight in your heels & chest lifted, perform a squat; touching the ground.
- 3 Explode up, pressing your hips forward and reaching your arms into "prayer position" as you jump (this reduces how much you can use your arms to propel yourself up, as we want to engage your legs in this exercise). Legs remain in a straddle during the jump.
- 4 Repeat.

### make it easier:

Eliminate the jump and come onto your tip toes at the top of the movement.

### make it harder:

Strive for maximum height on each jump at the top of the movement while landing softly on your toes and performing a full squat at the bottom of the movement (hips in-line with knees).