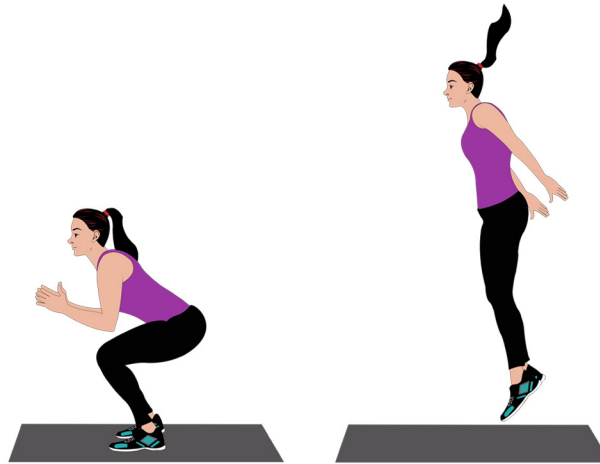




CHAIR JUMPS



HOW TO DO IT:

- 1 Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- 3 Keep your arms relaxed in front of your chest, palms facing in toward one another.
- 4 At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- 5 Land softly on your feet, returning to the low chair squat position.
- 6 Repeat.

make it easier:

Eliminate the jump and instead come onto tip toes at top of exercise.

make it harder:

Challenge yourself to jump as high as you possibly can while still landing softly in a low squat position. Trying to leave the ground quickly so there is minimal time on the ground between each repetition.