



SUMO SQUAT CRISS CROSS JACK



HOW TO DO IT:

- 1 Start in a wide sumo squat stance, feet wider than hip width distance, heels in and toes out.
- 2 Explode up, squeezing the glutes and hamstrings while drawing the inner thighs together, to land at the top of your jack with legs crossed.
- 3 Jump back to wide sumo squat position. Alternate crossing the right foot in front of the left foot and vice versa.
- 4 Note: You are crossing the legs for inner thigh engagement.

make it easier:

Slow down the exercise.

make it harder:

Perform the exercise at a more rapid pace, trying to jump as high as possible in their before landing.