

## **Jump**



GOAL

Primary: Build muscles Secondary: Build bones

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

The goal of jumping is to increase the strength of your leg muscles. This exercise also builds bone density in the bones of your legs and spine.

## HOW TO

- 1. Stand upright with your core muscle activated, legs together, and arms at your sides
- 2. Bend your knees slightly, shift your weight to the balls of your feet and jump in place lifting both feet from the floor
- 3. When landing absorb the force with a slight knee bend

Repeat.

REPETITIONS

1x5