

JUMP SQUATS INTERMEDIATE

START



MIDDLE



END



- Stand with feet slightly more than shoulder width apart
- Slowly come down into a squatting position
- Hamstrings parallel with the floor
- Arms extended slightly away from body and bent at elbow for momentum

- Quickly explode into the air for maximum height
- In mid-air, your body should be as straight as a stick
- Direction of jump should be vertical

- Land in the squat position and pause for a moment.
- Explode into the air
- Repeat the sequence

MUSCLES TARGETED

GLUTES, HAMSTRINGS, QUADRICEPS AND CALVES

- The jump squat is a calisthenics, cardiovascular and plyometric exercise targeting the lower body muscles especially the thighs and bum

NOTE

If you do the squat jumps too many times in a short duration, you may put too much stress on the joints in the knees. Work out on grass or turf to lessen stress on the knee joints. Concrete or wood floors are too hard and should be used only with padding such as a rubber mat.