Title: 180 / Twisting Jump Squats

Primary Muscle Groups: Calves, Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.</span></li>

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