Title: Bench Hops / Box Jumps

Primary Muscle Groups: Hamstrings, Quadriceps

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your hands on the edges of a stable box or bench. Bend at the waist and keep your core tight. Keeping your gaze towards the bench, put a slight bend in your knees.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Explosively jump, launching your body to the opposite side of the bench. Land on both feet and check your form. Again, make sure your core is braced.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the movement, gaining speed as you advance.</span></li>

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