Title: Explosive Jumping Alternating Lunges

Primary Muscle Groups: Hamstrings, Quadriceps

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

Summary: <ul>

<li>Stand straight with a tight core and your chest up.</li>

<li>You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.</li>

<li>Your back knee should be slightly bent.</li>

<li>Place your hands on your hips. If you want a challenge, place them straight above the head.</li>

<li>Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.</li>

<li>Land in the lunge position and repeat.</li>

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