Title: Frog Jumps

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Calves

Summary: <ul>

<li>Standing straight up, bring your feet outside of shoulder width.</li>

<li>Squat down by bending at the knees and driving your hips back.</li>

<li>Keeping your chest up, forcefully push off the ground with the balls of your feet.</li>

<li>Land on the balls of your feet, remaining in the squatting position. Your legs will remain wide.</li>

<li>Repeat.</li>

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