Title: High Box Jumps

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ol>

<li>Stand in front of a sturdy bench, box or other flat non slip surface that's high enough that you must use that you have to use a lot of effort in order to jump up on top of it.</li>

<li>Stand with your feet shoulder width apart.</li>

<li>Bend your knees as if crouching or performing a squat.</li>

<li>In an explosive movement, push through your feet to jump up onto the landing area.</li>

<li>Make a soft landing by bending your knees as your feet touch down.You should land on both feet simultaneously.</li>

<li>Step down and repeat.</li>

</ol>