Title: Seal Jacks

Primary Muscle Groups: Calves, Hamstrings, Quadriceps

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with your core braced, chest up, and arms at your sides. Begin the movement by jumping into the air.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">As you jump, move your legs out to the side. Also, bring your arms up in front of you and clap your hands together.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your feet touch the ground, jump back into the starting position with your legs together and hands at your sides.</span></li>

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