Title: Side to Side Jump Squats

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Calves, Hamstrings

Summary: <ul>

<li>Place your feet shoulder-width apart. Bend at the knees while driving your hips back.</li>

<li>Keep your chest up and your core tight.</li>

<li>Remain in a squat stance as you forcefully push off the ground, jumping to the right side.</li>

<li>Check your form then repeat, jumping to the other side.</li>

<li>Keep alternating between sides.</li>

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