Title: Snap Jumps

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

Secondary Muscle Groups: Calves, Hamstrings, Quadriceps, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie face down on a padded surface. Place your hands beneath your shoulders and make sure your feet are extended straight behind you. Push yourself up into a classical Push-Up position. Keep your hips are slightly elevated. Tighten your core.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your gaze straight, push off the ground with your feet. Bending your knees, allow your feet to come up near your hands.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Immediately, push off the ground again with your feet, extending your legs straight behind you once again to the starting position.</span></li>

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