Title: Split Alternating Squat Jumps

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Abs, Calves, Glutes &amp; Hip Flexors, Hamstrings

Summary: <ol>

<li>Stand upright and clasp your hands behind your head.</li>

<li>Take one step forward into a split stance.</li>

<li>Drop into a split squat so that your leading thigh is parallel to the floor.</li>

<li>Push up from the balls of your feet rapidly to jump up, jumping as high as you can and</li>

<li>switching legs midair.</li>

<li>Land in the opposite stance dropping back down into a squat.</li>

<li>Repeat.</li>

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