Title: Standing Long Jumps

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

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li class="p1">Begin by standing tall with a straight back and tight core. Slightly bend the knees and push the hips back. Bring the hands up and keep the chest up. Feet should be shoulder-width apart.</li>

<li class="p1">Jump and launch yourself forward. Swing your arms back and use the momentum.</li>

<li class="p1">Land in a squat position. Knees are bent and hips are back. Return to starting position and repeat.</li>

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