Title: Tuck Jumps

Primary Muscle Groups: Hamstrings, Quadriceps

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.</span></li>

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