



# Jump



## GOAL

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Primary: Build muscles  
Secondary: Build bones

## TARGET AREA

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Hip/Leg Muscles

## DESCRIPTION

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The goal of jumping is to increase the strength of your leg muscles. This exercise also builds bone density in the bones of your legs and spine.

## HOW TO

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1. Stand upright with your core muscle activated, legs together, and arms at your sides
2. Bend your knees slightly, shift your weight to the balls of your feet and jump in place lifting both feet from the floor
3. When landing absorb the force with a slight knee bend

Repeat.

## REPETITIONS

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1x5