

## JUMPING SPLIT SQUATS **ADVANCED**

START



POSITION 1



POSITION 2



END



- Start with hands on hips and jump into a split leg position
- One leg forward and the other back
- Flex the knees and lower at the hips slightly
- Right foot forward
- Left leg is backward resting on your toes
- Without pausing jump into the air again
- As you descend immediately reverse the leg positions
- Repeat for a complete set

### MUSCLES TARGETED

#### QUADRICEPS, HAMSTRINGS, CALVES AND GLUTES

- The split squat jump is a calisthenics, cardiovascular and plyometrics exercise that mainly targets the quads
- The quads are the large muscles running down the front of your thigh and are responsible for extending your knee and hip flexion
- The hamstrings, glutes and calf muscles all work to stabilize your body especially as you push return to standing position from the lunge

#### NOTE

*Do not place front foot too far forward as you will be unable to go low (and can lead to injury). The purpose of the movement is to go all the way down and develop full range of motion. The lower you go, the more you can target your quads and glutes.*