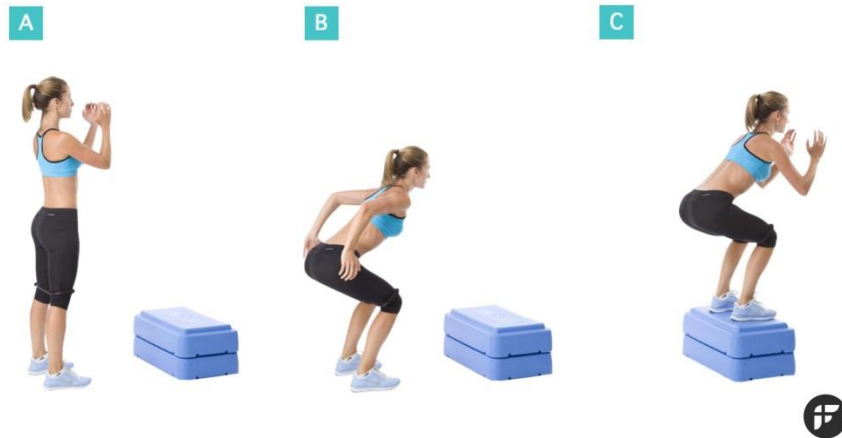


Box Jumps



Description: Stand in an athletic position, with your feet shoulder-width apart, at a comfortable distance from the box. When you're ready to jump, drop quickly into a quarter squat, then extend your hips, swing your arms, and push your feet through the floor to propel yourself onto the box. You should be able to land in a similar position to the one you took off from (not in an extremely deep squat).

****Tip:** Start with a low box and progress to a height that you can land on confidently and safely. Step off of the box if jumping over 20 inches. Jumping off the box backwards places tons of stress on the Achilles tendon and poses an unnecessary risk.

Sets/reps: Start with 3 sets of 10-15 reps.

Modifications: If you have hip, knee or ankle issues, substitute Step Ups for your box jumps.

Common Mistakes: Allowing knees to buckle in on take-off or landing. Landing in an extremely deep squat. Not bracing abs/core; any rounding of the back and trunk shows a power leak that will cascade down the kinetic chain. Trying a box that is too high when beginning.

Target Muscles: Glutes, Hamstrings, Quadriceps, Calves.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

