

Exercise of the Month



Frogger Jumps

Purpose: To create power and strength in the legs and increase heart rate during exercise

Target Muscles: quads, hamstrings, glutes

Equipment Needed: none

Start/Movement:

- Begin in standing position with feet together and toes forward.
- Jump or walk the feet out to a wide squat stance where toes and heels are on the ground and the weight is back in your hips.
- As you enter the squat position, simultaneously touch the ground with both hands. Be sure to keep the chest up and eyes forward. Maintain a straight spine and use your core to support your lower back.
- Once your feet and hands hit the ground, quickly jump back up to the starting position and repeat for your desired number of repetitions or time.
- For modification simply walk the feet out to a wide squat and return to the standing position.

