

Box Jump



Cardio

HOW TO

- Stand in front of the bench with your feet directly under your hips and hands by your side
- Lower yourself into the jumping position by bending at the knees and hips. Keep your head up and back straight
- Look at where you want to land - with both feet completely on top of the bench with your body on top in an agile position
- Engage your core, swing your arms right back and push hard into the ground to jump from the crouched position
- The momentum of your thrown arms allows your body to clear the height
- Jump backwards from the bench or step down to return to the starting position
- Repeat



Box Jump

(continued)

MAP REF
1

MAP REF
2

MAP REF
3

MAP REF
4

MAP REF
5

MAP REF
9

Cardio

TIPS

Practice this on the ground a few times before trying the bench and remember, it's all about timing

