



Jump Squats: 20 reps, 3-4 sets

MUSCLES TARGETED: GLUTES, ERECTOR SPINAE, ABDOMINALS, QUADS, GASTROCS, HAMSTRINGS

START IN SQUAT POSITION.

JUMP AS HIGH IN THE AIR AS POSSIBLE USING THE BALLS OF YOUR FEET. WHEN YOUR FEET TOUCH DOWN AGAIN IMMEDIATELY SQUAT AND REPEAT.



Supermans: 20 reps, 3-4 sets

MUSCLES TARGETED: ERECTOR SPINAE, GLUTES, HAMSTRINGS

LIE FACE DOWN ON THE FLOOR.

SIMULTANEOUSLY RAISE YOUR ARMS, LEGS, AND CHEST OFF OF THE FLOOR AND HOLD CONTRACTION FOR 2 SECONDS.

REPEAT.