

Goblet Squats



Stand straight with legs apart at shoulder width. Lower yourself until the knees reach a 90 degree angle. Keep good upright trunk and head posture and tight abdominals. Carefully press off the ground without bouncing up from the previous movement.

Skater Jumps



Stand with feet hip-width apart, arms by sides. Hop to right, landing on right foot while sweeping left foot diagonally behind right leg and swinging left arm across body and right arm behind back. Jump to left, switching legs and arms to complete 1 rep.

Swiss-Ball Leg Curl



Lie on your back on the floor and rest your heels on a Swiss ball. Brace your abs, keeping your core in a plank position, and drive your heels into the ball to raise your hips off the floor. Bend your knees and roll the ball toward you. Keep your hips elevated the entire set.

Speed Leg Push Press



Stand tall with your feet shoulder width apart and hold the dumbbells next to your shoulders with your elbows bent. Dip your knees and sit back slightly. Explosively press the dumbbells over your head as you straighten your legs.

Box Jump



Stand in front of your box with your hands at your sides. With your feet roughly shoulder width apart, jump up onto the box, hold your position on top of the box for a count of one second and then jump back down.