

of the Exercise of the Month

July, 2016

Star Jump

Purpose: To develop explosive leg power and cardiovascular endurance

Target Muscles: Quadriceps and cardiovascular system

Assisting Muscles: Calves, glutes, hamstrings, and shoulders

Equipment Needed: None

Start: Begin in a standing position with legs shoulder width apart, feet pointed straight ahead, arms relaxed at sides, and abdominals engaged.

Movement Phase 1: Keeping abdominals engaged, toes pointed forward, and heels on the floor, squat down halfway and then jump as high as possible. Fully extend the body in air, spreading legs and arms away from the body to resemble the shape of a star.

Movement Phase 2: Return to the squat position, gently absorbing the impact with the legs.

Repeat: Perform 3 sets of 10 repetitions.



Modification:

Beginner: In lieu of squatting and jumping, perform the exercise alternating foot touches to the side, always keeping one foot in contact with the ground. Fully extend your arms to resemble the shape of a star.

Advanced: Perform as many Star Jumps as possible in 30 seconds. Take a 1 minute break. Repeat up to 4 times for high intensity interval training.



From Corporate Fitness Works Team Leader, Candace Snapp

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