

Bench Jumps



- This is an explosive movement, focusing on jumping up as fast and “springy” as possible
- Stand on a flat surface with your knees slightly bent, facing a platform such as a park bench. Choose a platform that will not tip as you jump. Also, if possible find something that has a solid side instead of being open
- Squat down towards the ground, then jump as high as you can, jumping on top of the platform and landing with both feet. It helps to use your arms to help swing your body upwards and keep your balance
- Jump back off the platform, landing on both feet
- As you land, bend your knees to absorb the impact, then using that energy to jump back on to the platform
- Explosively leap back into the air for the next repetition; there is no rest between jumps
- Repeat as many times as you are able, aiming for at least 8 repetitions. Repeat 1 to 3 sets with 30-60 seconds rest in between
- This is a challenging exercise and is not for everyone. If you have specific questions about how to do this speak to a strength coach or fitness trainer

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
