

**Star Jumps**

---



- This is an explosive movement, focusing on jumping up as far as possible
- Stand on a flat surface with your knees slightly bent
- Squat down towards the ground, then jump as high as you can, extending your arms and legs out to the side like a jumping jack
- Before you land, pull your arms and legs back together, landing with your feet just inside shoulder width
- As you land, drop back into a squat position
- 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.

---