

Jumpstart your workout

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Featured topic

Ready to add explosive power to your workouts? The broad jump is a simple but highly effective plyometric exercise that builds lower-body strength, power and athleticism.

In this video, you'll learn:

- Broad jump technique
- How to generate maximum power
- Safe landing mechanics
- How to track your progress over time

Add 3 sets of 3 explosive jumps to your warm-up or early workout routine and start measuring your gains. Small improvements can lead to big performance results.

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Transcript

Narrator: Looking for a way to jumpstart your workouts? Try the broad jump. The broad jump is a powerful plyometric exercise that helps improve lower body strength. It primarily targets your glutes, quadriceps, hamstrings, calves and core. Here's how to do it.

Start with your feet about shoulder-width apart. Bend your hips and knees into a quarter squat while swinging your arms behind you and shifting your weight towards the balls of your feet. Perform two quick prep swings to build rhythm, then drive your arms forward and

explode off the ground, jumping as far as you can. Extend powerfully through your hips, knees and ankles while keeping your chest up throughout the movement.

Land softly on both feet with your knees bent to absorb the impact. Stick the landing without letting your knees cave inward, then reset before your next jump. Because broad jumps require maximum power and coordination, perform them early in your workout or as part of a warm up.

Complete three sets of three explosive jumps. Measure the jumps from your takeoff line to the back of your heel on landing and record your longest jump in each set. Then track your progress and increase in length of two, three inches over several months is a strong gain. Add broad jumps to your workout to help take it to the next level.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.