Saturday

**All exercises from week 1 and 2**

+ **Squat Jumps**

- Start in a hip-width position with your feet parallel to each other with a slight outward rotation (20 to 30 degrees)
- The weight is mainly on the heels
- Knees point into the same direction as the toes
- Maintain tension in the abdominal and gluteal muscles
- Start the exercise by lowering the hips backwards by bending the knees
- The upper body remains slightly bent forward
- Now jump up explosively and push yourself off the floor
- When landing, make sure you cushion yourself softly before bending again and repeating the exercise

**Muscle groups:** Glutes, thigh muscles, abdominal muscles, back muscles