

## Alternating Jumps on Step

- Stand erect and parallel with a step or box and place your entire left foot on the step.
- Flex the hips, knees and ankles and slightly lean forwards.
- Forcefully extend the hip, knee and ankle of primarily the left leg jumping in the air such that the right leg will land on the step and the left leg will land on the ground.
- Upon the foot coming in contact with the ground immediately get your balance and complete another jump.

