

### BOX JUMPS

### LOW BOX

### TUCK JUMPS

### STEPUPS



From a two-footed start, athlete springs upward to land, flat-footed, on the box. At some point in the cycle, the athlete must achieve full extension in the hips and knees. Standard box size is 20".



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From a squatting position, the athlete springs upward as high as possible and draws the knees to the chest at the apex of the jump. The athlete lands in the squat position again.



From a position in front of the box, the athlete places one foot on the top of the box and pulls themselves up and forward, achieving full extension of the hip and knee at the top.



10 in a row

10 in a row.

30



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