



# Wood Plyo Box

Manual and Exercise Guide

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JFIT is founded on this fact:

**IF YOUR BODY FEELS GOOD, SO WILL YOUR MIND**

# Wood Plyo Box Exercise Guide

## Step Ups

1. Standing in front of the box, step onto the box creating a 90 degree angle at your ankles, your knees and your hips. Concentrate your weight on the mid foot to heel of the foot on the ground.
2. Hinge slightly at the hip to load your glutes and hamstrings. Step up onto the box.
3. Take at least 3-5 seconds to lower from the box. Track your knee directly over your foot as you gently lower to the start position. The slower gentler movement is more advantageous to your glutes vs. just dropping.

## Box Jumps

1. Stand in front of a box. Hips about shoulder width apart, toes pointed forward. Jump up onto the box, with minimal knee bend. Landing with both feet on top, make sure your knees do not cave in.
2. When landing, back is flat, hips are back, palms are facing each other which allows for a strong landing position.
3. Do not jump back down, but step back down and repeat the process.
4. Feel free to add weight to this exercise to increase the challenge—a sandbag, kettlebell, or dumbbells are all great options.

## Lateral Step-Overs

1. Standing to the side of the box step up onto the box with one leg, then bring the other leg up as you straighten both legs. Step back down and repeat on the opposite side, and repeat.
2. Feel free to add weight to this exercise to increase the challenge—a sandbag, kettlebell, or dumbbells are all great options.

## Burpee Step-Overs

1. In an upright position standing next to the box, perform a burpee by placing your hands on the ground just outside your shoulder blades. With arms locked, jump your feet back so you end up in a plank position. Lower yourself to the ground and do a push up. Bring yourself back to plank position and then jump your feet back up towards your arms and under your body so that you are able to jump back up.
2. Then step onto the box with one leg, then bring the other leg up so that you're standing on top of the box. Step down with one leg, then bring the other leg down to the ground and immediately do another burpee. Repeat going back over the box.

## Burpee Box Jump

1. Standing in front of a box, get into a squat position with your hands on the floor in front of you. Kick your feet back into a push up position and lower body to the floor. Return your feet back to the squat position as fast as possible, then immediately stand up and jump up onto the box. Jump back down and repeat.

## Reverse Lunge

1. Standing upright on top of the box, feet shoulder width apart then step off the box backwards while lowering your body into a lunge. Head is held high, looking straight forward. Return to the start position, then repeat with the alternate leg.

## Tricep Dip

1. Sit on the edge of a box with hands on the edge next to hips, fingers facing feet. Walk feet out until legs are straight, balance on heels, and straighten arms to lift hips off the box to start.
2. Bend elbows straight backward to lower body until shoulders are in line with elbows.
3. Press into palms to straighten arms and return to starting position.

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## Decline Mountain Climbers

1. Start in a plank position on palms with toes on top of the box, about 6 inches away from the edge.
2. Lift the right foot and draw knee in toward chest, engaging core and holding for 2 counts. Don't allow hips or shoulders to move.
3. Slowly return right foot next to left and repeat on the opposite side. That's 1 rep. Repeat with the opposite leg.

## Around the Clock

1. Start in a plank position on palms with toes on top of the box, about 6 inches away from the edge.
2. Walk hands to the right, travelling around the box with the upper body and allowing feet to pivot while staying planted on the box.
3. Go halfway around the box (or as far as possible), then reverse directions to return to starting position. Maintain a straight line from heels to head throughout the movement.

## Push-Up on the Box

1. Start in a plank position with palms shoulder-width apart on the edge of the box and feet wide, forming a straight line from head to toe.
2. Bending at your elbows, squeeze your shoulder blades together as you lower your chest to the box.
3. Press through the palms to explode, pushing chest off the box and fully extending arms.

## Inch Worm

1. From a plank position on palms with toes on the edge of the box, walk hands toward the box until hips are almost overhead and knees are bent to start.
2. Without moving upper body, tap the right foot to the floor, then the left.
3. Quickly hop the right foot back up onto the box, then the left. That's 1 rep. (Do each set alternating which foot starts.)

## Bulgarian Split Squat

1. Stand about 2 feet away from the box, facing away. Lift the left foot and rest toes on top of the box, keeping hips square and left knee pointing down.
2. Bend right knee to lower into a lunge, keeping weight centered between feet and without letting the right knee move too far forward past right toes.
3. Press into the middle of the right foot to stand, squeezing the right glute. Complete all reps on one side, then switch sides and repeat.

## Feet Elevated Glute Bridge

1. Lie face-up on the floor with arms by sides and heels on the top edge of the box. Hips should be positioned so knees form a 90-degree angle.
2. Press into heels and squeeze glutes to lift hips off the floor, forming a straight line from shoulders to knees.
3. Slowly lower hips to return to starting position.

## Pistol Squat Progression

1. Stand directly in front of the box with heels just a few inches away. Lift the left leg to hover off the floor to start.
2. Slowly sit back into hips to lower into a single-leg squat until glutes tap the top of the box.
3. Press into the right foot to stand and return to the starting position. Complete all reps on one side, then switch sides and repeat.