



Box Jumps

Purpose:

This is a great exercise to improve your vertical jump and develop more speed and power.

Benefit:

Adds speed and power to your golf swing. Speed and power help distance of shots.

Instructions:

Stand in front of your box step with your feet about shoulder width apart. Try to jump up onto the box with a very soft, quiet landing. With time, you can increase the height of the step.

Quantity:

Perform _____ reps _____ sets.

