

# Lateral Bench Hop Overs

Lateral Bench Hop Overs are great to add an element of power to your training, and to get the whole body involved as you bring up the heart rate.

You can use ANYTHING that you can safely place your hands on - and hop laterally. In the demo video, I am using a simple box. You can use a bench or a chair as well.

## Lateral Bench Hop Overs

### Primary Muscles Targeted

1. Start with your hands on the bench and your feet placed on one side. Make sure your back is straight and your knees are bent.
2. Be sure to have a firm grip on the bench and push off of the ground with both legs at the same time.
3. Make sure you clear the bench and try to land roughly in the same spot you were standing on the other side.
4. Repeat for the number of reps on your plan.