



FORWARD VERTICAL JUMP

Do 3 sets of 10 jumps per leg.

Jump forwards vertically, then land on a ledge or curb (with the same leg.) Focus on a point in front of you to stay balanced. Controlling your landing is the key to this exercise.



FLAT LATERAL JUMP

Do 2 sets of 7 jumps per leg.

In this exercise, controlling the landing is key to protecting your ankles. Define a responsible jump distance, and stick to it; this will help you land with control. Focus on a fixed point in front of you to help control your balance.



UPWARD STRIDE

Do 3 sets of 7 jumps per leg.

Place one foot on a box in front of you. Then, jump upwards, bringing the opposite knee up so that you form a right angle between your leg and pelvis. You should land with control, and without much force. Repeat without stopping.



CONTINUOUS JUMP

Do 2 sets of 13 jumps.

Jump forwards onto a box or crate. Use the momentum from your jump onto the box to jump forward a second time, landing in front of the box. Continuity and control are the keys to this exercise.



CONTINUOUS VERTICAL JUMP

Do 3 sets of 15 total jumps.

This is the continuous version of the forward vertical jump. Repeat the exercise by switching legs without stopping. Focus on controlling each landing; this is the key to executing a continuous vertical jump.



LATERAL STRIDE

Do 3 sets of 4 jumps per leg.

Find a step (max. 1 foot tall.) Jump laterally and land on the step with force. When you land, your leg should be straight. Your opposite knee should raise to a strong 90 degree angle. The goal of this exercise is to land with power.



TWO-LEGGED JUMPS

Do 2 sets of 10 jumps.

Jump onto a box with both legs. The most important is to land with control; don't over-exert yourself trying to jump too high. Using an object with a height of 18-24" (45-60 cm) is ideal.