

STEP 1



STEP 2



Single Leg Jumps Forward and Backward

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, balancing on one foot, with a line on the ground in front of you.

Movement

Jump forward across the line with the same foot, then jump back and repeat.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

STEP 1



STEP 2



Single Leg Jumps Side to Side

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a vertical line directly to your side, standing on one foot.

Movement

Jump over to the other side of the line, landing on the same foot, pause, then jump back and repeat.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.

STEP 1



STEP 2



Squat Jumps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet slightly wider than shoulder width apart.

Movement

Lower yourself into a squatting position with your arms straight, then jump up, moving your arms back as you do. Land in a squat and repeat the movement.

Tip

Make sure your knees do not collapse inward or move forward past your toes as you land, and try not to over arch your back.