

Power Jumps

4 weeks to awesome (OK, "better") jumps!

Strength
Flexibility
Technique

Strength

- ⦿ **Focus on: Calves, Thighs, Hip Flexors, Abs, Shoulders**
- ⦿ **Start with 3 sets of 5 repetitions, build to 3 sets of 10-15 repetitions**
- ⦿ **Calf Raises (full stretch to full extension)**
- ⦿ **Plyometrics (controlled jumping, no arms!)**
- ⦿ **Straddle Lifts (watch form, heel lifts 1-2 inches off the ground only)**
- ⦿ **Sitting Toe Touches (balance and quick explosions)**
- ⦿ **Reverse Crunches**
- ⦿ **Side Arm Lifts (light weights, high repetitions)**

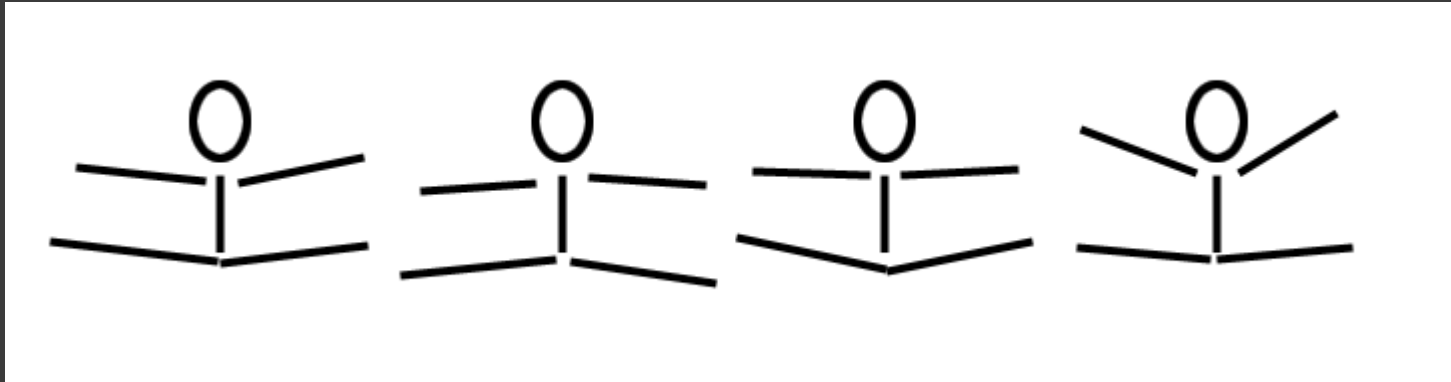
Flexibility

- ① **Warm it up (5-10 minutes of body core and leg warmup)**
- ① **Daily stretching**
- ① **PNF Stretching (partner hamstring stretch with resistance/stretch repetitions)**
- ① **Flexibility stretching vs. performance stretching**

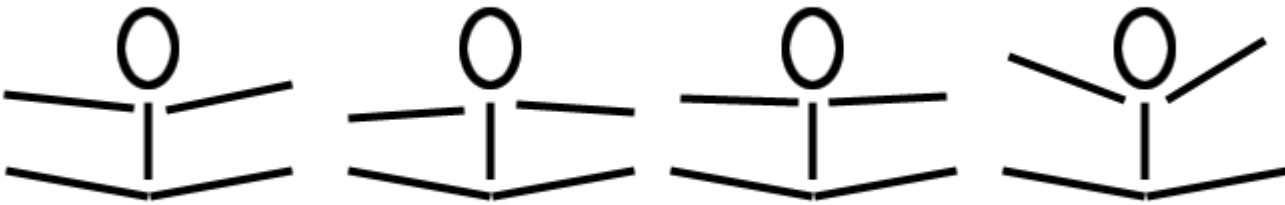
Technique

- ⦿ **Takeoff – timing on the approach, everything lifting, block with the arms**
- ⦿ **Upright Body**
- ⦿ **Arms in “T”, Lift the Legs to the Arms**
- ⦿ **Point the Toes**
- ⦿ **Safe Landing with feet together. If not, don't progress.**

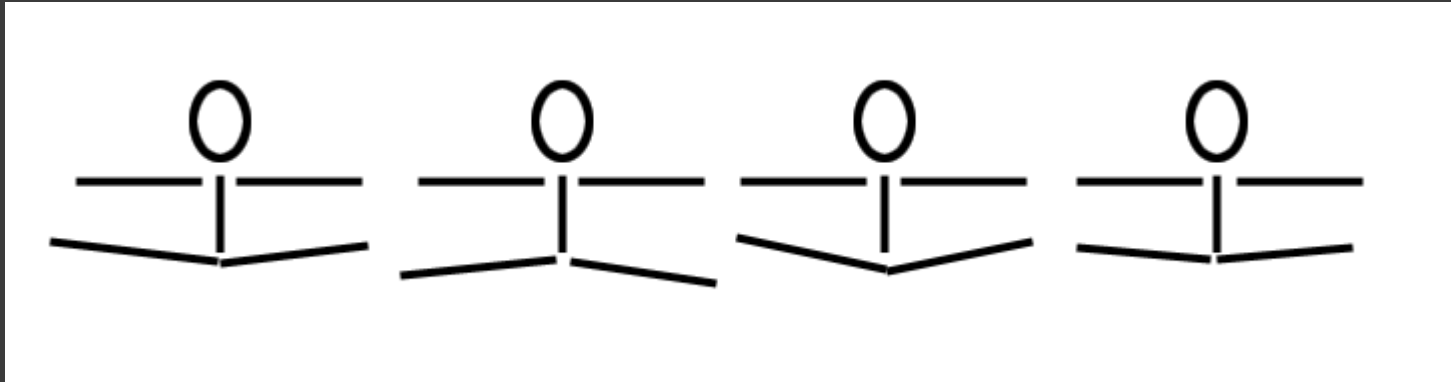
Technique 1



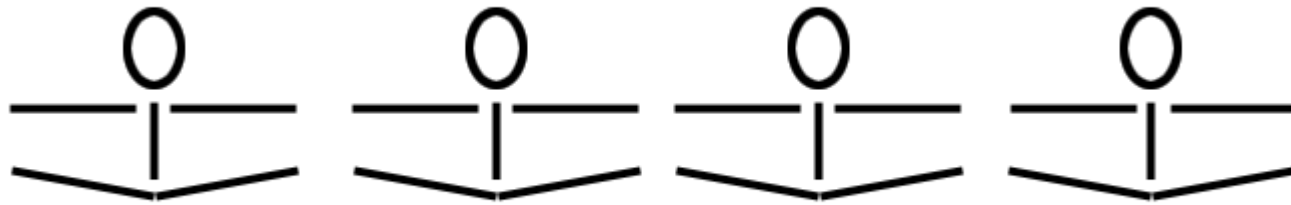
Technique 2



Technique 3



Technique 4



Technique

- ① **Working *Squad* Jumps:**

- **Synched Approach comes first**
- **Level Arms are the most visible**
- **THEN Legs come last**

- ② **(If the legs are all level and the arms are all off, the jump looks more “off” than the other way around)**