

STRENGTH & CONDITIONING

Vertical Leap Workout (Lower Body)

3 Sets of 5- 10 Reps Each

JACK IN THE BOX



Begin in a wide stance standing position, feet should be wider than shoulder width apart, arms at your sides.

Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Lower low enough that you can touch your fingertips to the ground in between your feet.

Explode up, bring feet together at top of jump and hands overhead.

As you come back to the ground, land softly in wide stance position, keeping your knees slightly bent.

PLYO TUCK JUMPS



Begin in a neutral standing position, feet shoulder width distance apart, arms at your side.

Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Try to lower low enough that you can touch your fingertips to the ground at your sides.

Explode up, driving your knees towards your chest, attempting to touch them to the palms of your hands as you perform a tuck jump.

As you come back to the ground, land softly, keeping your knees slightly bent.

SQUAT JACKS



Begin with feet together in a half squat position, arms bent at 90 degrees by your side.

Jump feet into a wide stance position while maintaining your half squat. Feet should be wider than shoulder width, arms come forward as feet jump out.

Jump feet back together while maintaining the half squat, arms return to sides.

Repeat jacking feet in and out in half squat position.

SPLIT JUMPS



Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.

With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.

Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

POP JACKS



Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet shoulder width apart.

In one strong explosive movement, jump feet forward. Land feet just outside shoulder width apart while bringing your chest up and landing in a squat position.

Place hands back on ground and jump feet back to starting plank position.