



ADVANCED TRAINING AND PERFORMANCE

Jumping squats with bands



Exercise Description

1. Find a medium to high intensity band and place the band above your knees.
2. Squat down about $\frac{1}{2}$ way (hips almost even with your knees)
3. Keeping your core tight, push your knees out against the band while keeping your feet flat
4. Keeping the tension on the band, jump up.
5. Land quietly and maintain tension on band
6. Sets and reps
 - o 3-4 times/week
 - o 3-4 sets
 - o 10-15 reps

The Why

This should work on hip strength. You want to use the muscle in your bottom, not your low back. Focus on form and keeping knees in line with feet. This exercise is very good at using your hips to help with jumping while also focusing on using your hips to control your knees while landing. Remember we want our knees to be pointed in line with your toes, not pointed in!

