



ADVANCED TRAINING AND PERFORMANCE

Single leg Bounding



Exercise Description

1. Find a space 20-30 feet in length
2. On one leg, jump and land on your same leg
3. Try and jump as quickly as you can
4. Repeat movement until you run out of space
5. Sets and reps
 - 3-4 days/wk
 - 3-4 sets
 - 3-5 lengths

The Why

This exercise should focus on quick and powerful movements. Bounding is often utilized to reinforce sound jumping and landing mechanics. The movement should be done quickly and quietly!

