



ADVANCED TRAINING AND PERFORMANCE

Single leg Jumping Turns

Exercise Description

1. Find a space 3 feet wide
2. On one leg, jump as high as you can while performing a $\frac{1}{4}$ turn
3. Try and land on the same leg
4. Sets and reps
 - o 3-4 days/wk
 - o 3-4 sets
 - o 10-20 jumps

The Why

This exercise should focus on quick and powerful movements with a quiet landing. The turning motion makes the landing more difficult which should in turn make the muscles of the leg work harder to balance.

