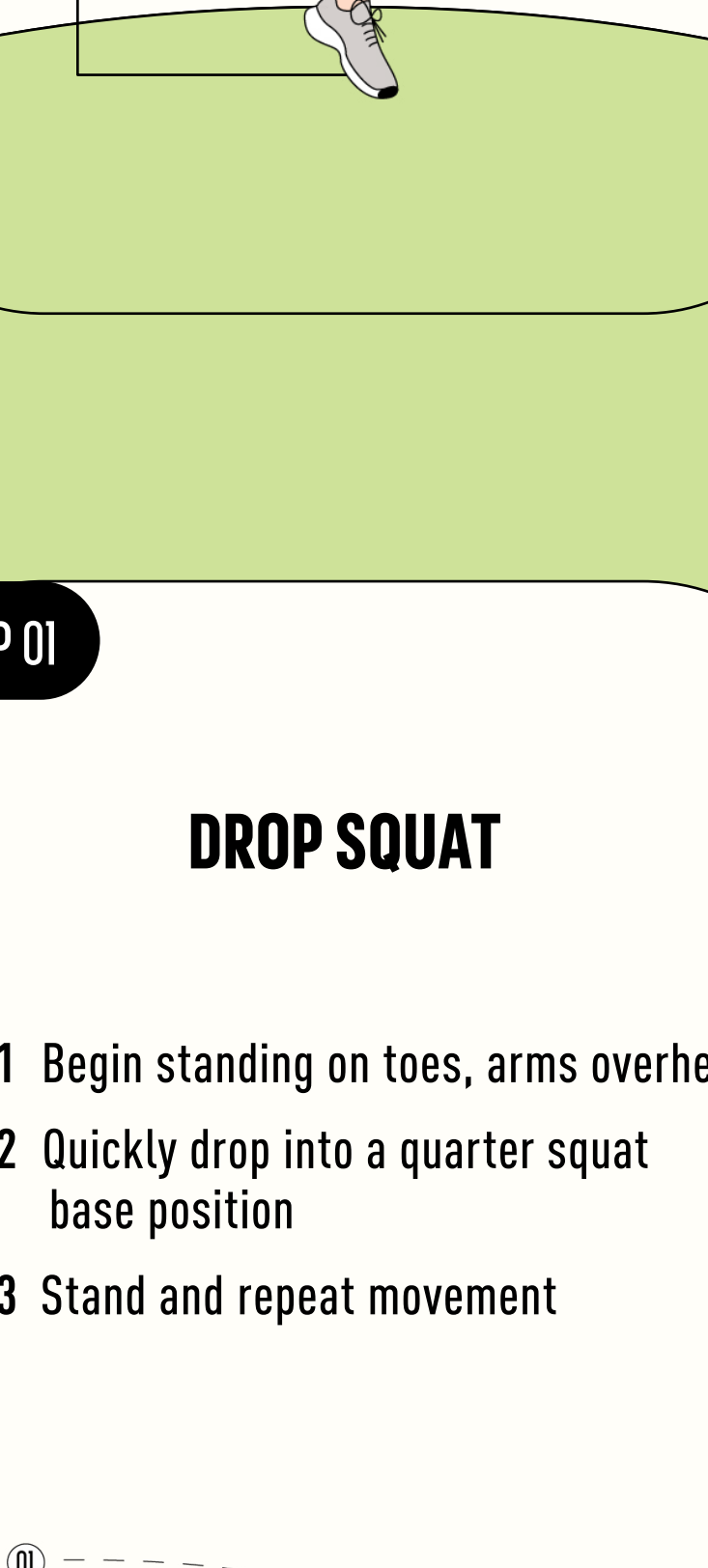
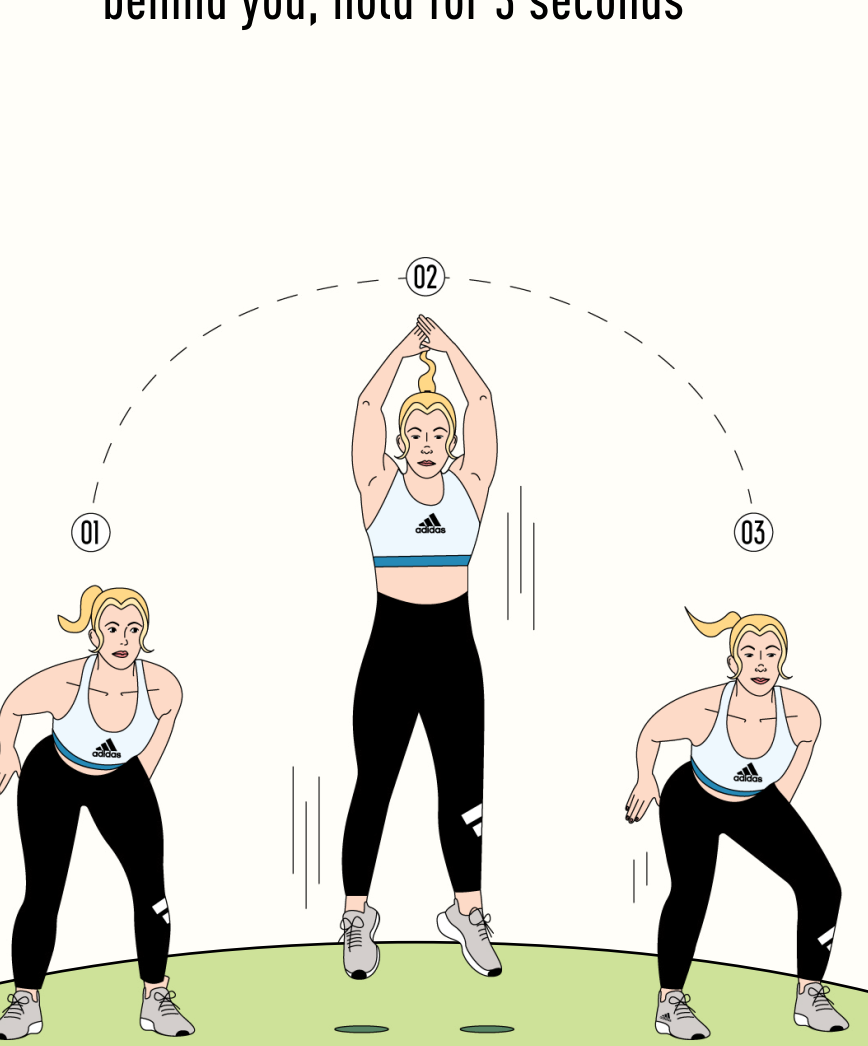


GET READY!
BEFORE WE JUMP IN

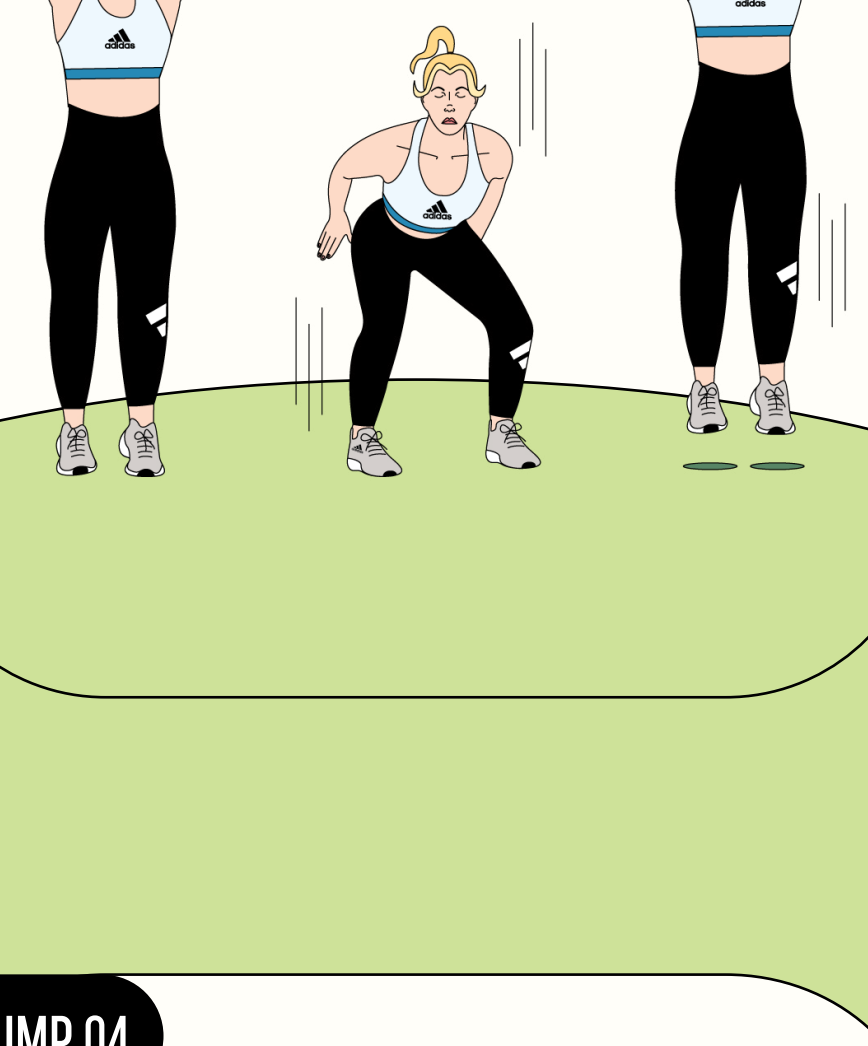
- There are four jumps and four bounds
- Go in order, but don't do all these moves in one session
- Add one or two of these to your workout to help increase athleticism
- Keep your core engaged, and focus on jump force and landing absorption


JUMP 01
DROP SQUAT

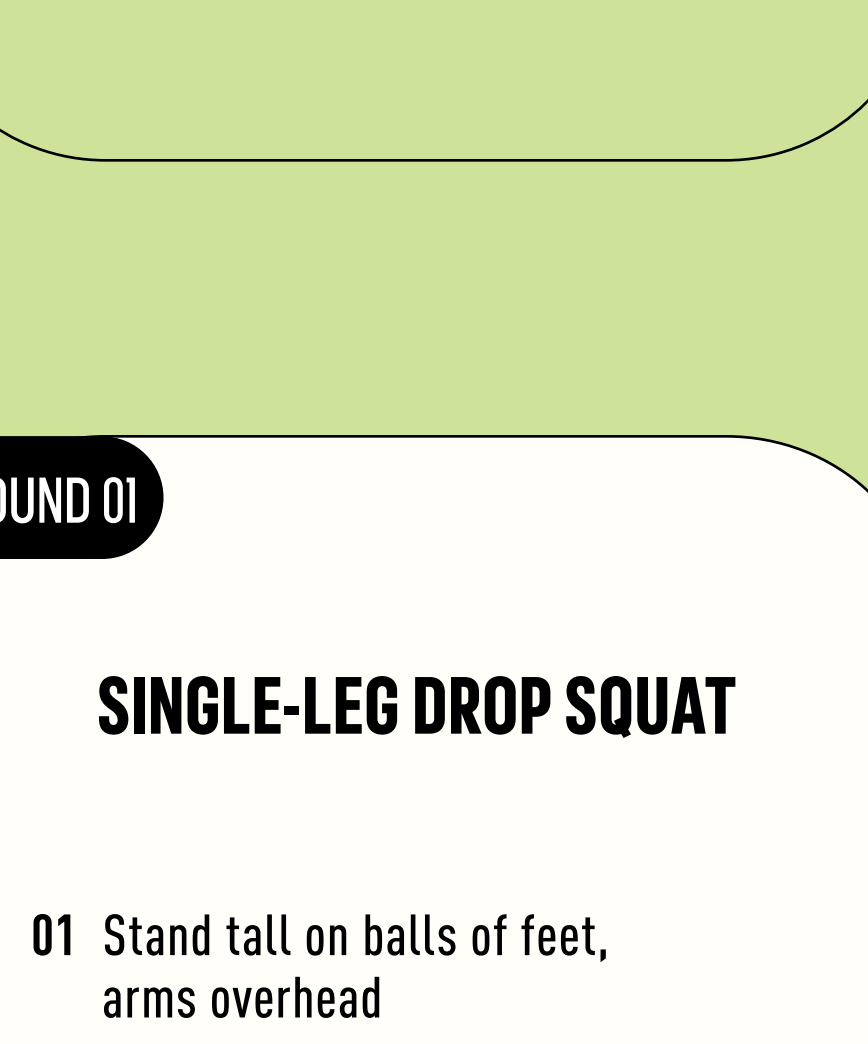
- 01 Begin standing on toes, arms overhead
- 02 Quickly drop into a quarter squat base position
- 03 Stand and repeat movement


JUMP 02
NON-COUNTERMOVEMENT LINEAR JUMP

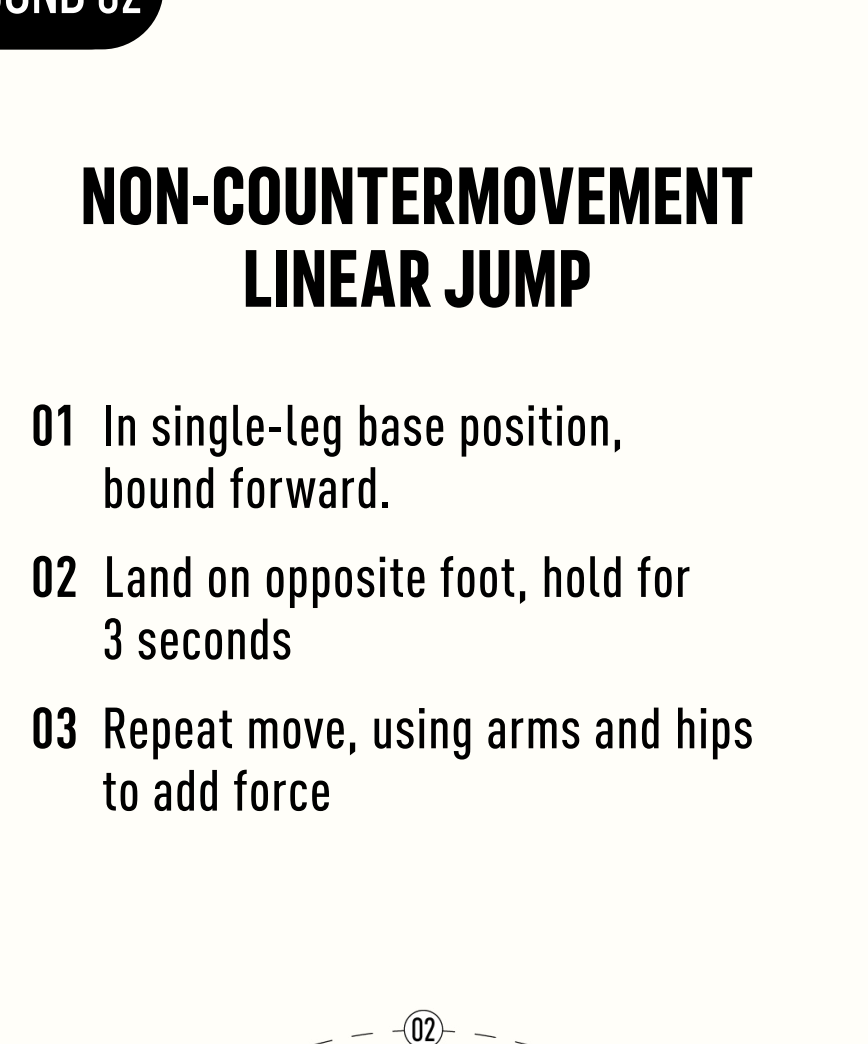
- 01 Hold base position for 3 seconds
- 02 Jump high, raising arms overhead
- 03 Drop into base position, arms behind you, hold for 3 seconds


JUMP 03
COUNTERMOVEMENT LINEAR JUMP

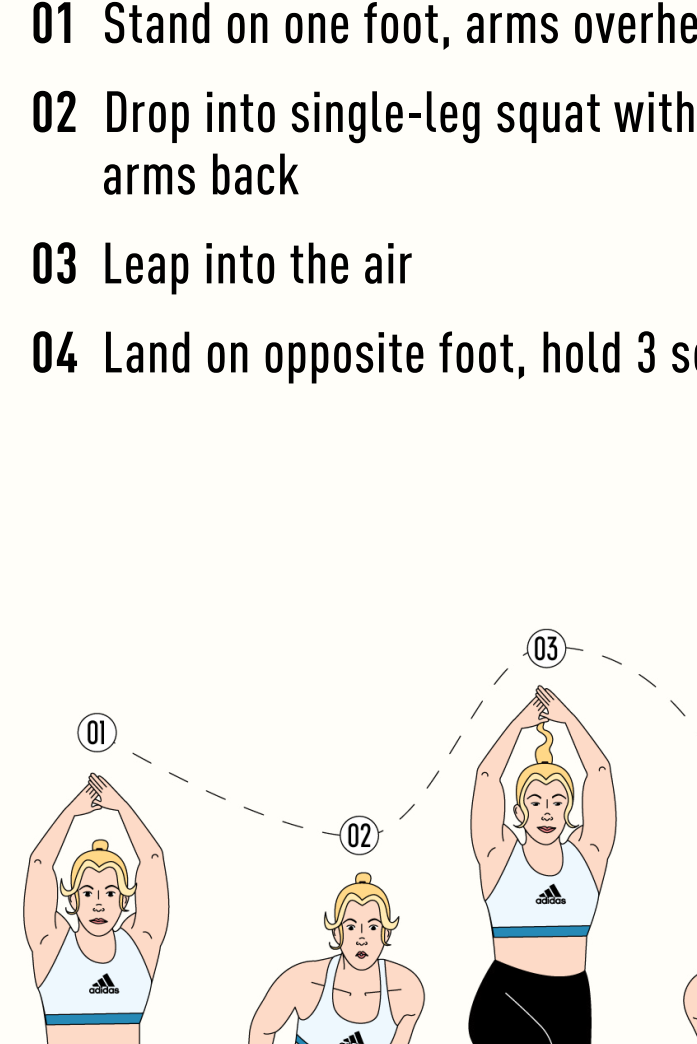
- 01 Stand on balls of feet, arms overhead
- 02 Drop into base position and jump high
- 03 Land in squat and return to start position


JUMP 04
CONTINUOUS LINEAR JUMP

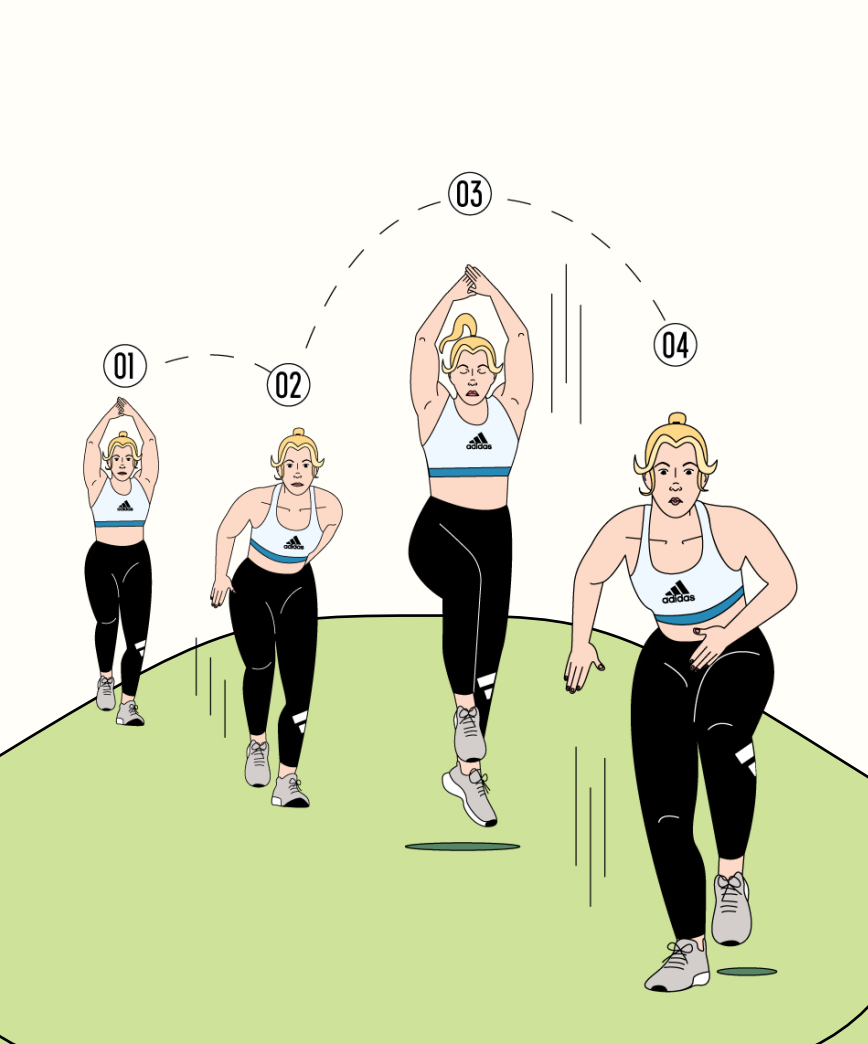
- 01 Stand on balls of feet, arms overhead
- 02 Drop into a squat, then jump 3-5 times continuously
- 03 Focus on jumping high and landing softly


BOUND 01
SINGLE-LEG DROP SQUAT

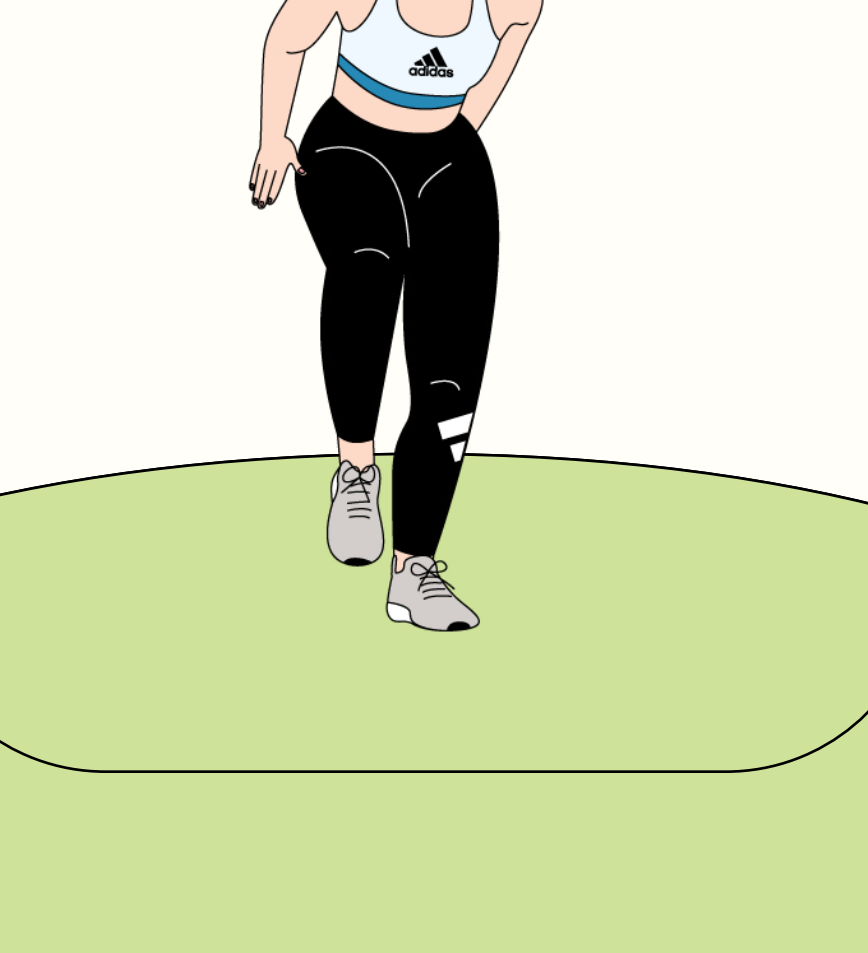
- 01 Stand tall on balls of feet, arms overhead
- 02 Transfer weight to land in a single-leg drop squat, hold single-leg base position for 3 seconds


BOUND 02
NON-COUNTERMOVEMENT LINEAR JUMP

- 01 In single-leg base position, bound forward.
- 02 Land on opposite foot, hold for 3 seconds
- 03 Repeat move, using arms and hips to add force


BOUND 03
COUNTERMOVEMENT LINEAR BOUND

- 01 Stand on one foot, arms overhead
- 02 Drop into single-leg squat with arms back
- 03 Leap into the air
- 04 Land on opposite foot, hold 3 seconds


BOUND 04
CONTINUOUS LINEAR BOUND

- 01 Stand on one foot, arms overhead.
- 02 Drop into single-leg squat
- 03 Bound forward to opposite foot
- 04 Bound continuously 3-5 times

GREAT JOB!

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