

BALLERS NOT FALLERS

JUMPING INTO INJURY PREVENTION



Recommended Frequency: 2x per week
Include an adequate warm -up
30-60sec rest between each set!



pogo jumps

x 15 x 2 sets (30sec rest)

Spring off floor as high as you can, try minimise ground contact time



tall to short

x 10 x 1 set

Start tall on toes, hold position for 3 seconds and quickly drop down in a squat position



split jumps

x 10 x 2 sets

Start in lunge, push off ground to swap legs mid air



double leg to single leg

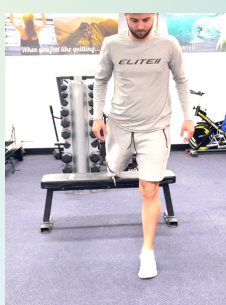
x 4 each direction



bulgarian split squats

x 10 x 2 sets

Back leg on chair, make sure you have enough room for the back knee to drop close to ground. Push off with front leg fast and powerful. Can challenge yourself and jump with front leg.



pertubations

x 6 x 2 sets

With a partner, get them to "push" you before you land to force you to correct landing quickly



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