



180 SPIDERMAN JUMPS



HOW TO DO IT:

- 1 Begin in neutral standing position, feet shoulder width distance apart, arms bent at your sides at 90 degrees.
- 2 Lower down into a squat position, pushing your hips back till your hips align with your knees.
- 3 Then explode up, turning to your right. Perform a 180 degree jump and turn – turn your head, neck and shoulder towards the right.
- 4 Land softly on your feet returning to the bottom squat position, facing the opposite direction.
- 5 Repeat this 180 degree jumping movement going toward the left to return to your starting position.

make it easier:

Eliminate the 180 degree jump by performing a squat with your feet remaining on the ground. When you get to the top of the squat pivot on your right foot 180 degrees. Repeat this movement pivoting 180 degrees each repetition.

make it harder:

Get as low in the starting squat position as possible and gain as much air as possible. Do not take rest between jumps, but move directly into the next repetition.