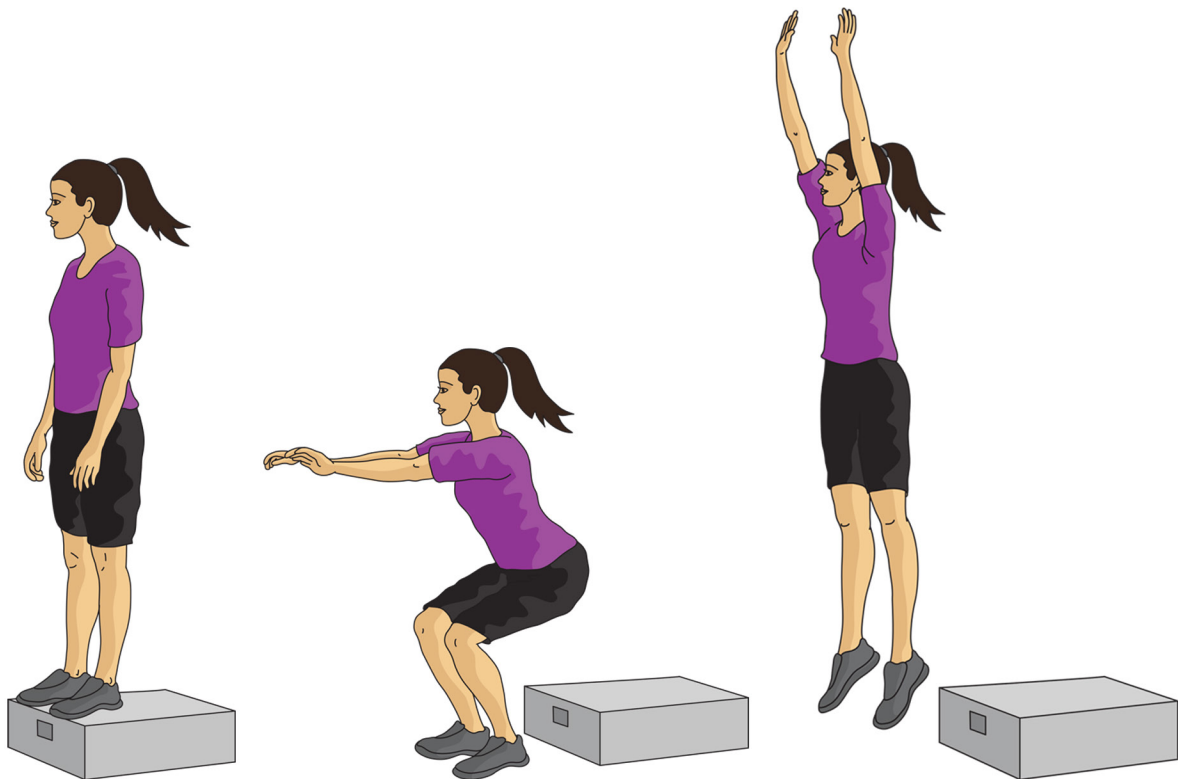




# DEPTH JUMPS



## HOW TO DO IT:

- 1 Begin in a standing position on a box 8-12" high.
- 2 Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- 3 Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.

### make it easier:

Eliminate jump after landing.

### make it harder:

After landing in squat, only use one leg to perform explosive jump (bring other leg into skip position), alternate legs.