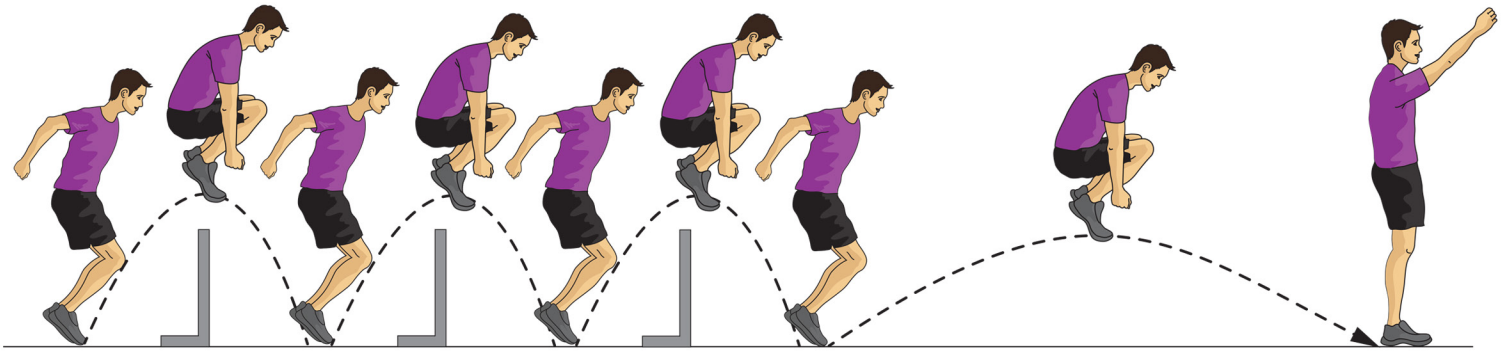




# QUICK JUMPS TO LONG JUMP



## HOW TO DO IT:

- 1 Position three cones or hurdles in a row 3 feet apart.
- 2 Stand in front of the first cone and quickly hop over each cone with two feet together, bringing legs up into a tuck jump as you pass over each cone.
- 3 After clearing the final cone, perform a final (4th) jump for distance.
- 4 Walk back to first cone and repeat exercise.

### make it easier:

Instead of a cone or hurdle, place a flat marker on the ground to jump over.

### make it harder:

Complete the three cone jumps as quickly as possible and extend final "long jump" as long as possible, try to improve final jump distance covered each time.