



LATERAL BOUND AND HOP



HOW TO DO IT:

- 1 Start in a half squat position. Jump off your right leg and travel horizontally as far as possible, landing on your left foot.
- 2 Immediately drive your right knee into the air and "hop" as high as you can off your left foot.
- 3 Bend your left knee as you come back to the ground to prevent injury.
- 4 Explode off left leg and travel horizontally as far as possible landing on your right foot.
- 5 Drive left knee into air and "hop" off right foot.
- 6 Repeat performing the lateral bound and hop side to side until time is called.

make it easier:

Remove "hop" from exercise and just perform a lateral bound.

make it harder:

Try to hop as high as possible and bound as far as possible with each rep. Try to keep balance in check throughout the exercise by focusing on core stability.