

## HIGH INTENSITY JUMP SEQUENCE

1. **TUCK JUMP** – Stand with feet together, jump as high as possible and tuck your knees up to your chest. Right as your feet come into contact with the floor, immediately jump again, do not take time to reset yourself. Repeat this process for **10 REPETITIONS**.
2. **SPLIT SQUAT JUMP** – Start in a split squat position (one foot forward, one foot back). Lower yourself down until your back knee nearly touches the floor, then jump upward as high as possible. While in the air, switch the position of your feet and land in a split squat position. Do not take time to reset, repeat the jumps without stopping. Do these jumps for **10 REPETITIONS**.
3. **SPIN JUMP** – Stand with feet together, jump and turn 90°, then jump back to original position. Then jump and turn 180° and back to original position. Then jump and turn 270° and back to original position. Then jump and turn 360° and back to original position. All jumps should start in the same original direction. Once you land a jump, immediately return to the original position, spend almost no time on the ground. You should do one set of jumps (90-180-270-360) starting to your right, then perform another set of jumps starting to your left.
4. **JUMP OVER BARRIER (SIDE)** – You will need a cone or box or something that stands about 6 to 10 inches high. You should jump over the barrier continuously side to side for **15 SECONDS**.
5. **JUMP OVER BARRIER (FRONT)** – Use the barrier you used in the previous jump. Jump continuously over the barrier front and back for **15 SECONDS**.