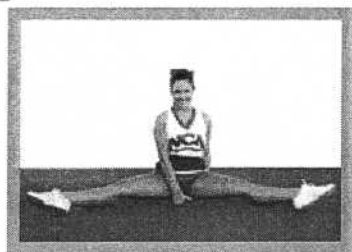
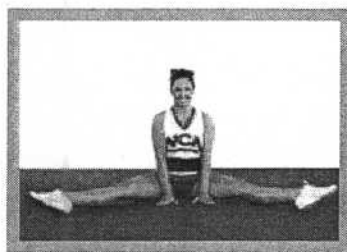
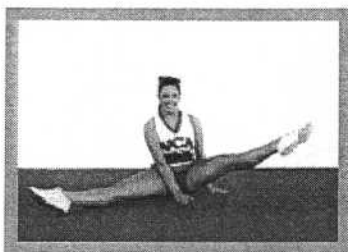


# JUMP EXERCISES



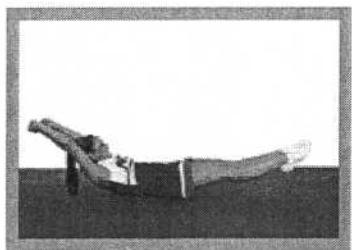
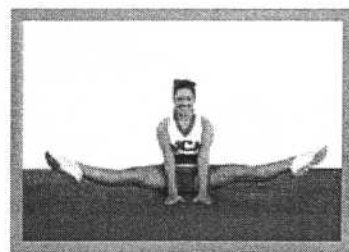
**LEG LIFT - 1 LEG**

Sitting up straight with a hand on each side of the leg. Lift and repeat 10 - 20 times



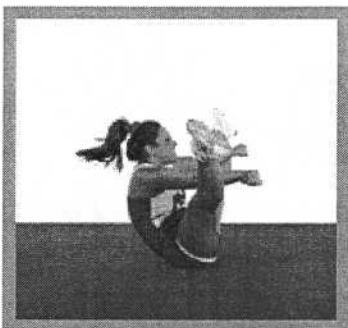
**LEG LIFT - 2 LEGS**

Sitting up straight with the hand in front. Lift both legs and repeat 10 - 20 times



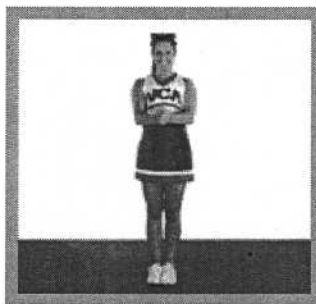
**TOE TOUCH V-UPS**

Keep the shoulders and feet off the floor. Sit up and perform a toe touch in the middle. Repeat 10 - 20 times



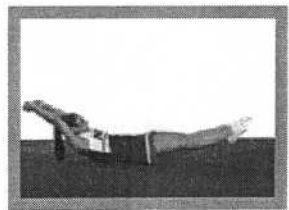
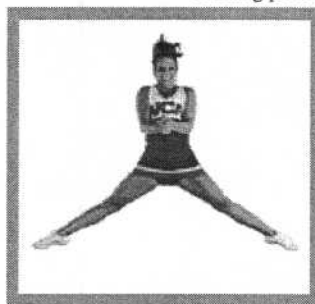
**T-KICKS**

Arms slightly in front, toe pointed, snap leg to the highest point. Return to starting position and repeat 10 - 20 times



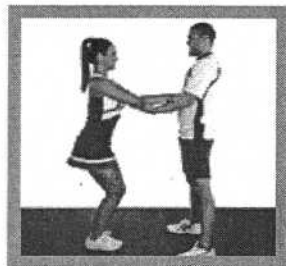
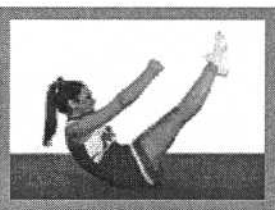
**SPREAD EAGLE BOUNCERS**

Clasp hands at the stomach, push through the toes, snap legs out and back in as fast as possible. Repeat 10 - 20 times



**PIKE V-UPS**

Keep the shoulders and feet off the floor. Sit up and perform a pike in the middle. Repeat 10 - 20 times



**FOREARM LIFTS**

Support at the forearms with the feet apart. Provide resistance during the jump. Repeat 10 - 20 times

