

# Jump Landing Mechanics Primer

Complete 1 round of this circuit before your workout to practice and instill proper jump landing mechanics at the hip, knee, and ankle.

## BW Squat Jump with 3-sec Hold on Landing

- 4-6 reps
- Explode out of squat, throwing arms up
- Jump as high as possible each rep
- Land with hips back, chest up, knees in line with toes
- Hold each landing for 3 full seconds



## BW Depth Drop with 3-sec Hold on Landing

- 4-6 reps
- Step off box and land softly in athletic position
- Land with hips back, chest up, knees in line with toes
- Hold each landing for 3 full seconds
- Start low and progress to higher boxes



## BW Depth Jump with 3-sec Hold on Landing

- 4-6 reps
- Step off box and jump immediately after ground contact
- Explosively recoil energy through hips, knees, and ankles, jumping as high as possible
- Land with hips back, chest up, knees in line with the toes
- Hold each depth jump landing for 3 full seconds



## BW Depth Box Jump with 3-sec Hold on Landing

- 4-6 reps
- Step off box and jump immediately after ground contact
- Explosively recoil energy through hips, knees, and ankles, jumping up onto box
- Land with hips back, chest up, knees in line with the toes
- Hold each box jump landing for 3 full seconds

