

Drill: Double Leg Bound

This exercise develops explosive power in the muscles of the legs and hips, specifically the gluteals, hamstrings, quadriceps, and gastrocnemius. Arm and shoulder muscles also are indirectly involved. The drill has wide application to a number of different sports including jumping, running, weightlifting, and competitive swimming.

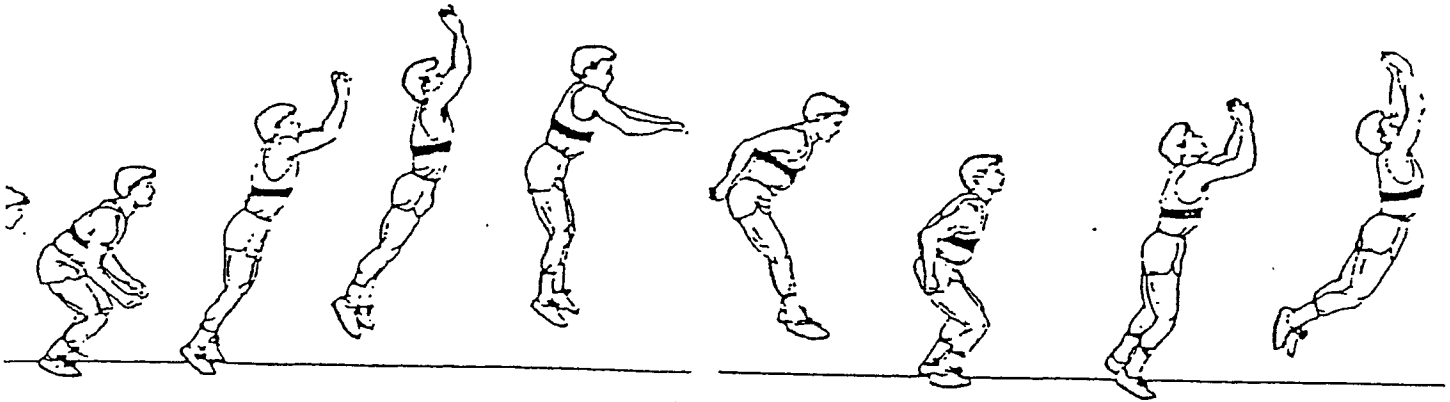
Starting position

Begin the exercise from a half-squat stance. Arms should be down at the sides, with shoulders forward and out over the knees. Keep the back straight and hold the head up.

Action sequence

Jump outward and upward, using the extension of the hips and forward

thrusting movement of the arms. Try to attain maximum height and distance by fully straightening the body. Upon landing, resume the starting position and initiate the next bound. Emphasize "reaching for the sky."



Drill: Split Jump

Split jumps are performed on a flat surface and affect the muscles of the lower back, hamstrings, gluteals, quadriceps, extensors, and flexors of the lower leg. Split jumps are especially good for developing striding power for running and cross-country skiing; they are also specific to the "split" portion of the clean and jerk.

Starting position

Assume a stance with one leg extended forward and the other oriented somewhat behind the midline of the body as to executing a long step or stride. The

forward leg is flexed with a 90-degree bend at the knee.

Action sequence

Jump as high and straight up as possible. Use the arms in an upward swinging motion to gain additional lift. Upon landing, retain the spread-legged position, bending the knee of the forward leg to absorb the shock. After regaining stability, repeat the motion for the required number of times, going as high as possible each time. Upon

completing the sequence (and rest), perform the exercise again with the opposite leg forward.

