

JUMP SQUAT TO LUNGE

- Start in lunge position (see Walking Lunge).
- From this position jump into the air and land in a squat position.
- Immediately drive out of the squat, jumping back into a lunge position opposite leg forward.
- Repeat until control is lost.
- Land on balls of feet and drive up through top of head.

Benefits

- Balance.
- Control.
- Deceleration.
- Resilience.

Beginners Advice

- Feel light.
- Aim to make little noise on contact with the ground.

Challenge

- Eyes closed.
- Follow verbal cues, hold squat for a period of time, hold lunge etc.

Adjustments / What to look for

- Land softly, minimal foot noise.
- Long spine, don't collapse at hips.
- Look straight ahead.
- Cushioning through ankles, knees and hips.
- Use the arms to drive out of the lunge.
- Alignment of hips, knees and ankles.