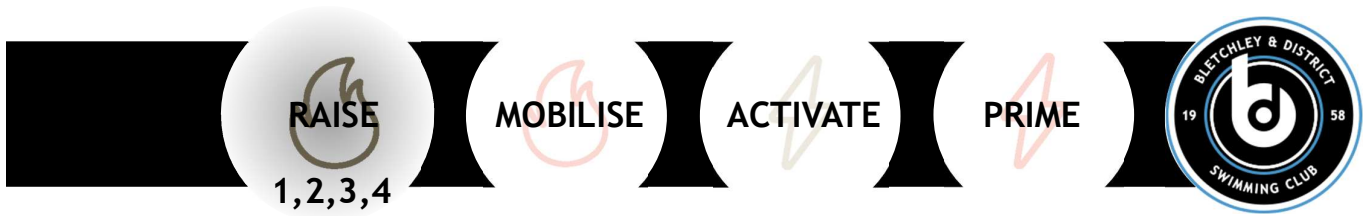


Skipping

1. Soft controlled landing on balls of feet.





Standard Jogging

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Body weight through the balls of the feet on landing.
3. Strong forward knee drive.



RAISE

1,2,3,4

MOBILISE

ACTIVATE

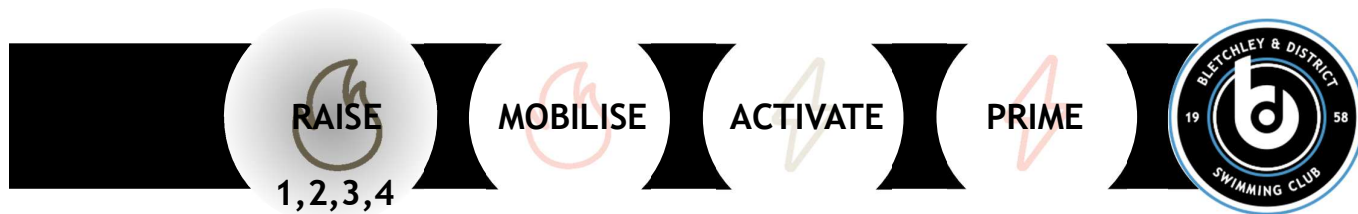
PRIME



High Knees Jogging

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Body weight through the balls of the feet on landing.
3. Knees raised to hip height.





Heel Flicks

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Body weight through the balls of the feet on landing.
3. Keep the knees pointing downwards.



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Heel Flicks

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Body weight through the balls of the feet on landing.
3. Keep the knees pointing downwards.



© 2019

RAISE

1,2,3,4

MOBILISE

ACTIVATE

PRIME



Lateral Jumps

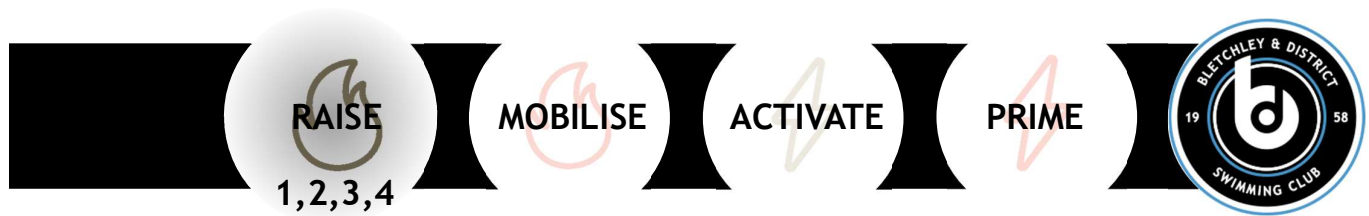
1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Knees pushed outwards on landing and aligned with the toes forward.
3. Drive the hips downwards and backwards, not outwards.



Lateral Jumps

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Knees pushed outwards on landing and aligned with the toes forward.
3. Drive the hips downwards and backwards, not outwards.

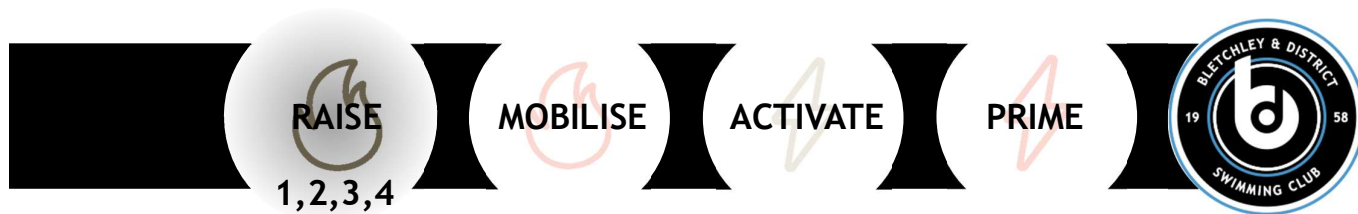




Mountain Climbers

Assume a full press up position, head in line with the spine, and maintain a long extended spinal position.





Spiderman Switches

www.youtube.com – to exit full screen, press Esc

1. Assume a full press up position with one foot to the outside of the hand.
2. Switch feet over in a dynamic movement.
3. Maintain a long extended spinal position.



Spiderman Switches

1. Assume a full press up position with one foot to the outside of the hand.
2. Switch feet over in a dynamic movement.
3. Maintain a long extended spinal position.

