

Lateral bounding

Start by standing on the right foot. Using power, jump as far as you can to the left, landing on the left foot absorbing the impact by flexing the knee. Jump immediately as far as you can to the right, landing on the right foot. Repeat for reps. Consult www.DFit.ca for a video of this exercise.

This may be used as an aerobic exercise as part of a circuit by completing the exercise for 20-30 seconds or as a power exercise by completing only 3-4 reps of the exercise. If for power, perform more slowly; upon landing allow the knee to flex deeper and then explode off the leg in the other direction. The movement should be a maximal effort when power is the focus. The rest to work ratio should be 1:1 or 1:.5 for aerobic focus and 1:20 for power. For example, if it takes you 10 seconds to complete a power set of 3 reps you should allow 200 seconds recovery before repeating for set #2.

