
Hurdles and Cone Jumps (Plyometrics)



- Plyometrics are an excellent way to improve muscular strength and quickness, but they are not for everyone. These are explosive movements meant for more advanced exercisers
 - Start on a firm surface. The softer the surface, the harder this will be
 - Place a cone or small hurdle, no higher than 12-14” directly in front of you
 - Jump with both legs as high as you can, jumping over the cone or hurdle
 - Land with both feet and bend your knees to absorb the impact
 - Without stopping to rest, bounce immediately back over the cone or hurdle to the start position
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- For best results, do this no more than twice a week. Try to complete 3 sets of 8-12 repetitions.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
