

Side Leaps (Plyometrics)



- Set up two cones about 10 feet apart. Make sure the ground is even without any trip hazards
- Stand beside one cone at one side to begin, with a cone right next to your left foot on the outside and the other cone to your right
- Bend your knees slightly and push off of your left foot, leaping toward the cone on your right. Don't worry if you don't actually touch the cone, the goal is to place the cones just outside of the distance that you can jump
- Repeat the movement toward your left side by leaping off of your right foot

- For the most benefit, repeat the movement 15-20 times on each side

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.
