

## CONDITIONING DRILL 1

### EXERCISE 1: POWER JUMP

**Purpose:** This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength (Figure 9-2).

**Starting Position:** Straddle stance with hands on hips.

**Cadence:** MODERATE

**Count:**

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, attempting to touch with the palms of the hands.
2. Jump forcefully in the air, vigorously raising arms overhead, with palms facing inward.
3. Control the landing and repeat count 1.
4. Return to the starting position.

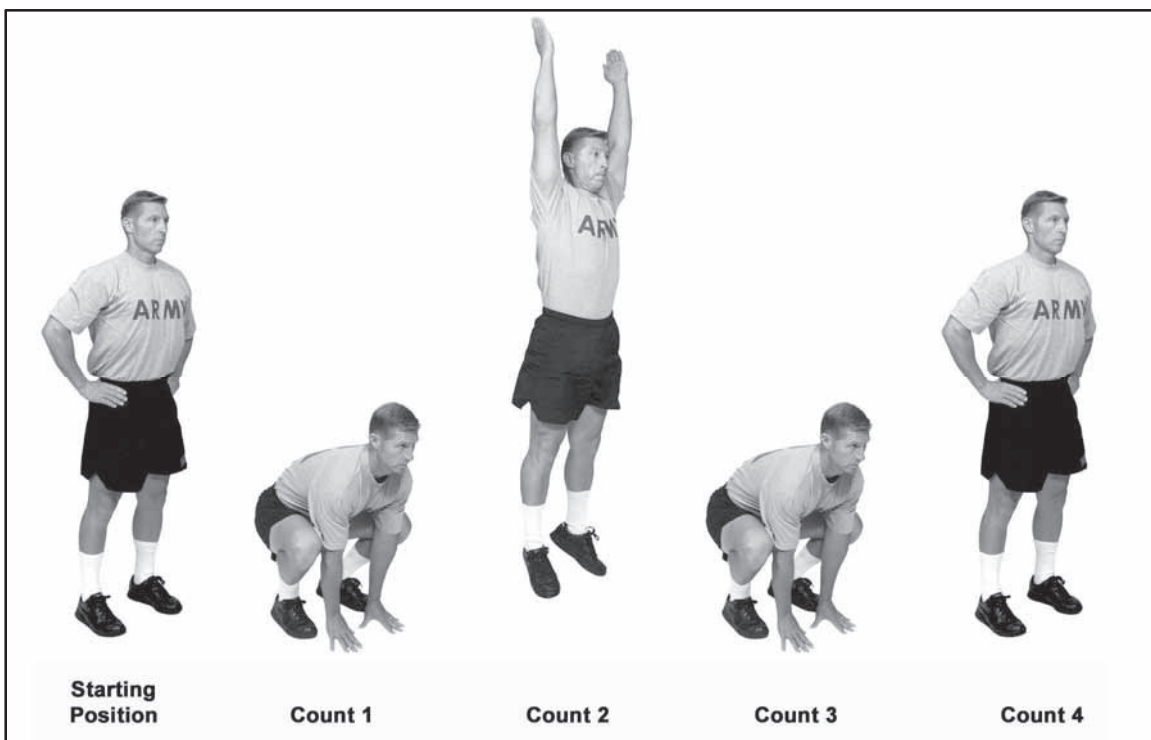


Figure 9-2. Power jump

**Check Points:**

- At the starting position, tighten the abdominals to stabilize the trunk.
- On counts 1 and 3, keep the back generally straight with the head up and the eyes forward.
- On count 2, the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet are directed forward and maintained at shoulder distance apart. The landing should be soft and proceed from the balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

**Precaution:** N/A

## CONDITIONING DRILL 1

### EXERCISE 2: V-UP

**Purpose:** This exercise develops the abdominal and hip flexor muscles while enhancing balance (Figure 9-3).

**Starting Position:** Supine, arms on ground 45 degrees to the side, palms down. The chin is tucked and the head is 1 to 2 inches off the ground.

**Cadence:** MODERATE

**Count:**

1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

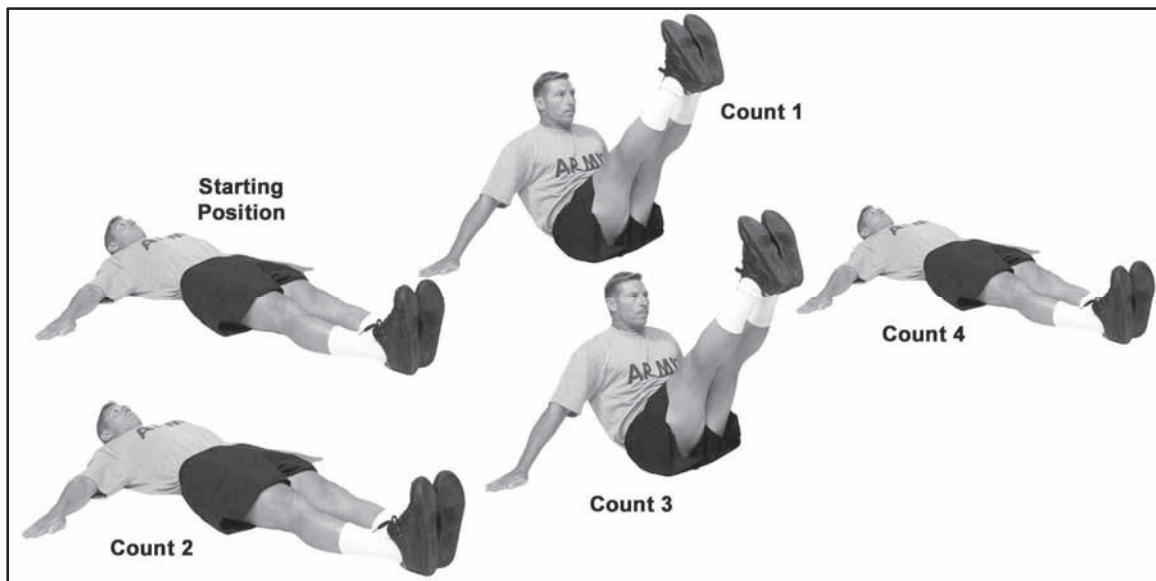


Figure 9-3. V-up

**Check Points:**

- At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On counts 1 and 3, straighten the knees and trunk and align the head with the trunk.
- On counts 2 and 4, lower the legs to the ground in a controlled manner so as not to injure the feet.

**Precaution:** To protect the spine, do not jerk the legs and trunk to rise to the V-position.

## CONDITIONING DRILL 1

### EXERCISE 3: MOUNTAIN CLIMBER

**Purpose:** This exercise develops the ability to quickly move the legs to power out of the front leaning rest position (Figure 9-4).

**Starting Position:** Front leaning rest position with the left foot below the chest and between the arms.

**Cadence:** MODERATE

**Count:**

1. Push upward with the feet and quickly change the positions of the legs.
2. Return to the starting position.
3. Repeat the movements in count 1.
4. Return to the starting position.

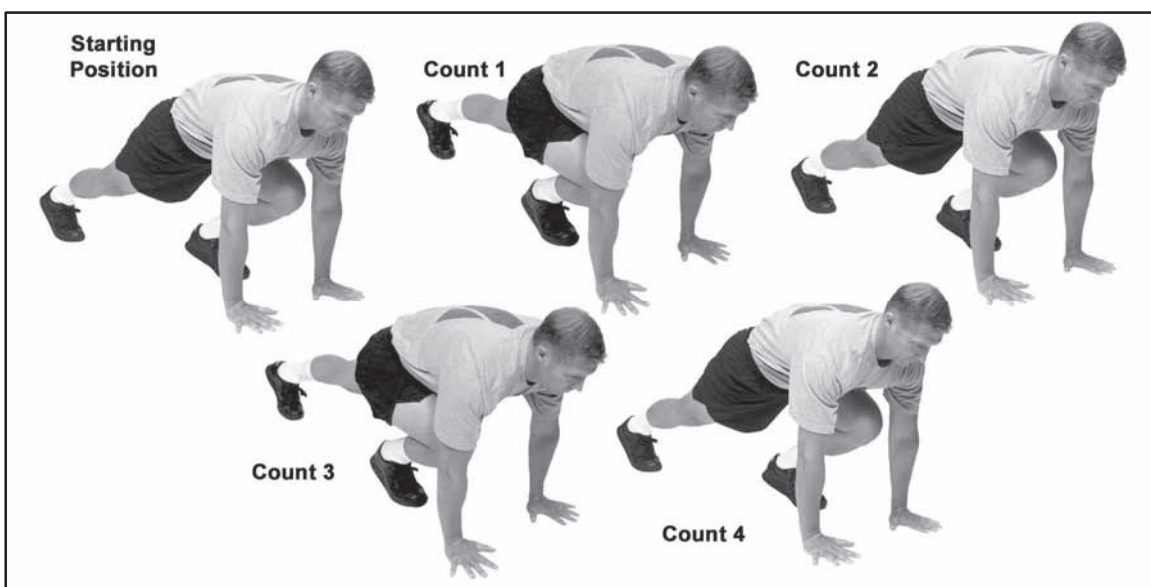


Figure 9-4. Mountain climber

**Check Points:**

- The hands are directly below the shoulders with the fingers spread (middle fingers pointing straight ahead) with the elbows straight, not locked.
- To prevent the trunk from sagging, contract and hold the abdominals throughout the exercise. Do not raise the hips and buttocks when moving throughout the exercise.
- Align the head with the spine and direct the eyes to a point about two feet in front of the body.
- Throughout the exercise, remain on the balls of the feet.
- Move the legs straight forward and backward, not at angles.

**Precaution:** N/A

## CONDITIONING DRILL 1

### EXERCISE 4: LEG TUCK AND TWIST

**Purpose:** This exercise develops trunk strength and mobility while enhancing balance (Figure 9-5).

**Starting Position:** Seated with trunk straight but leaning backward 45 degrees, arms straight and hands on ground 45 degrees to the rear with palms down. Legs are straight, extended to the front, and 8 to 12 inches off the ground.

**Cadence:** MODERATE

**Count:**

1. Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count 1 in the opposite direction.
4. Return to the starting position.

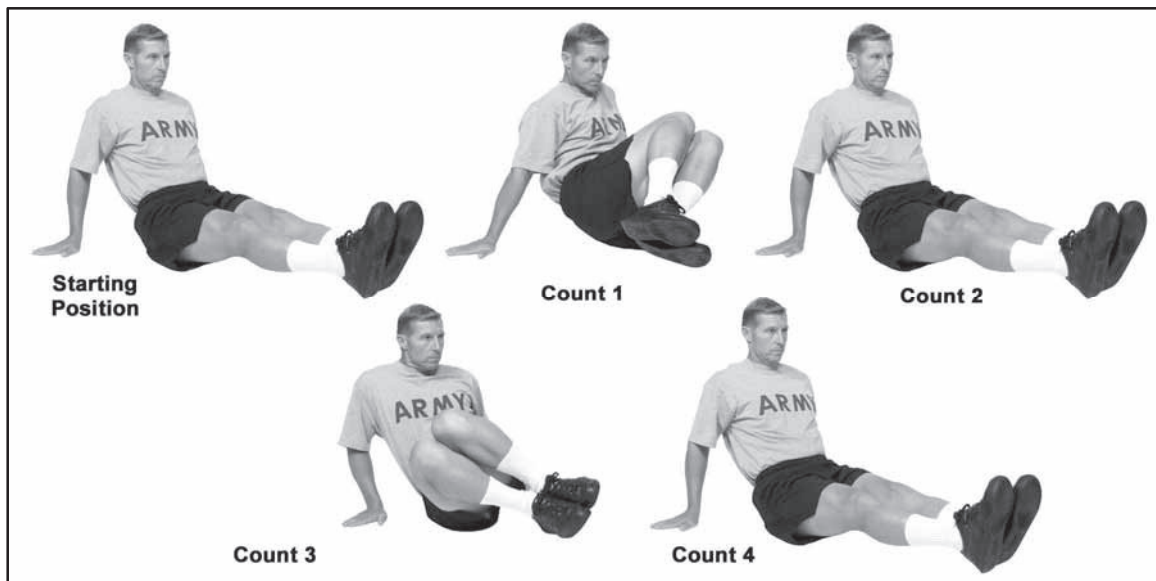


Figure 9-5. Leg tuck and twist

**Check Points:**

- At the starting position, tighten the abdominals to stabilize the trunk.
- On all counts, keep the legs and knees together.
- On counts 1 and 3, the head and trunk remain still while the legs move.
- On counts 1 and 3, the legs are tucked (bent) and aligned diagonal to the trunk.

**Precaution:** To protect the back on counts 1 and 3, avoid jerking the legs and trunk to achieve the end position.

## CONDITIONING DRILL 1

### EXERCISE 5: SINGLE-LEG PUSH-UP

**Purpose:** This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise (Figure 9-6).

**Starting Position:** Front leaning rest position.

**Cadence:** MODERATE

**Count:**

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg 8-10 inches off the ground.
2. Return to the starting position.
3. Repeat count 1, bringing the right leg to 8-10 inches off the ground.
4. Return to the starting position.

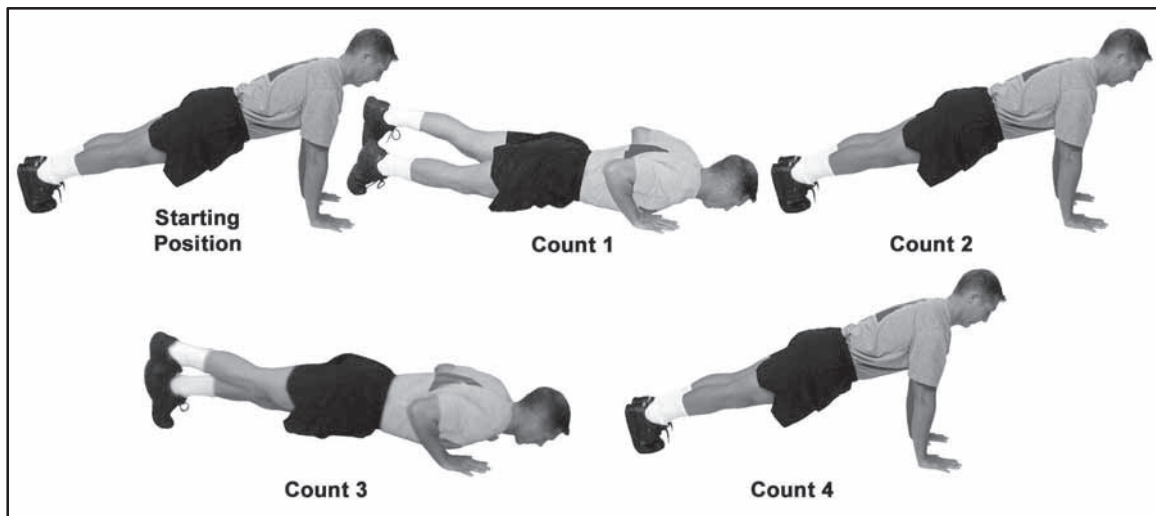


Figure 9-6. Single-leg push-up

**Check Points:**

- Perform a squat thrust to move into the front leaning rest. Keep the body straight from head to heels. Support the body weight on the hands and balls of the feet.
- The fingers should be extended and spread so the middle fingers point straight ahead and are directly in line with the shoulders.
- On counts 1 and 3, the upper arms stay close to the trunk.
- On counts 2 and 4, straighten but do not lock the elbows.
- On counts 1 and 3, the raised leg is straight and aligned with the trunk.
- To keep the trunk from sagging, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

**Precautions:** Do not jerk the leg being raised on counts 1 and 3. Also do not raise the leg higher than straight alignment with the trunk, as this may place undue stress on the back.