

## ***Juneau Jumpers' Tips***

### **General Tips:**

Purchase good footwear with cushion and support; aerobic or cross-trainer shoes are acceptable. If shoes are questionable, use insoles to stabilize and cushion.

Build slowly into speed and long duration jumping: start with short bouts (30-60 secs) and increase by 15-30 secs each week to prevent overuse injuries.

During jumping, land with knees bent to absorb shock from the ground; try to land softly. Knees should track between the 1<sup>st</sup> and 2<sup>nd</sup> toes; don't land knocked knee or bow-legged.

Use a full-length mirror at home to watch jumping form; particularly knee position, Use ample knee and hip bending with landing.

Keep upper body still with jumping.

With rope turning, place body in a partial squat with feet shoulder width apart. Keep buttocks tucked under the upper body. Keep neck muscles relaxed with shoulders held up and back; don't hunch over the ropes.

Warm-up gradually: light jump-roping for at least 5 mins before increasing intensity.

With frogs, bend elbows when landing on the ground and tighten stomach muscles to prevent back from arching.

### **Exercises:**

SLS: Stand on one leg and try to hold for 1 min. Do 3-5 times daily. Once it's easy, close eyes while standing on one leg.

Single leg squats: Stand on one leg. Bend knee to lower body towards the ground, keeping the knee tracking between the 1<sup>st</sup> and 2<sup>nd</sup> toes, while maintaining balance. Bend the knee as much as possible, but stop if the knee cannot be controlled to transition between the 1<sup>st</sup> and 2<sup>nd</sup> toes, a loss of balance occurs, or knee strain is felt. Do 20-40 times, daily.

Heel Raises: Stand on one leg and raise the heel of the support leg off of the ground, then lower. Do 20-30 times each leg.

To increase arm endurance: do bicep curls, front arm raises, and rows for 3-5 sets of 15-20 reps with light weights (0-10 pounds). Slight fatigue should be noted at the end of each set.