

EXERCISE

Depth Jump For Height

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called Depth Jump For Height.

It's primarily a lower body-focused exercise working the quads, hamstrings, and glutes.

What you're going to do is have your client start on top of a box of an appropriate height. You might need to change this to suit the client's needs.

From this position, you're going to ask your client to step off the box and as they land, jump up as high as they can, taking their time as they return back to the box. As the client is hitting the floor, they're effectively using the hands and the arms to get as much height as they possibly can.

Things that you might need to look out for here are a deterioration of technique or height in the jump, as primarily it is a power-based movement. We're looking for quality over quantity. Just do one more. Excellent and relax there. Dom.

Give it a go.

Main Muscles Involved

- Quads
- Hamstrings
- Glutes

