

EXERCISE

Depth Jump For Distance

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 Distance.

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

Once your client is ready into position on an appropriate height box (you might need to work up to this or change according to the individual client's needs) but you're going to ask them to step off the box and as they hit the floor, jump as far forward as they can, taking their time as they return back to the box.

We are looking for quality over quantity on this one, as primarily it's a power-based movement, so you might need to look out for deterioration of technique.

It's a good option to mark each time where the client jumps so that you can use that to improve over a period of time.

Okay, Dom, and relax there for me.

Give it a go.

Main Muscles Involved

- Quads
- Hamstrings
- Glutes

