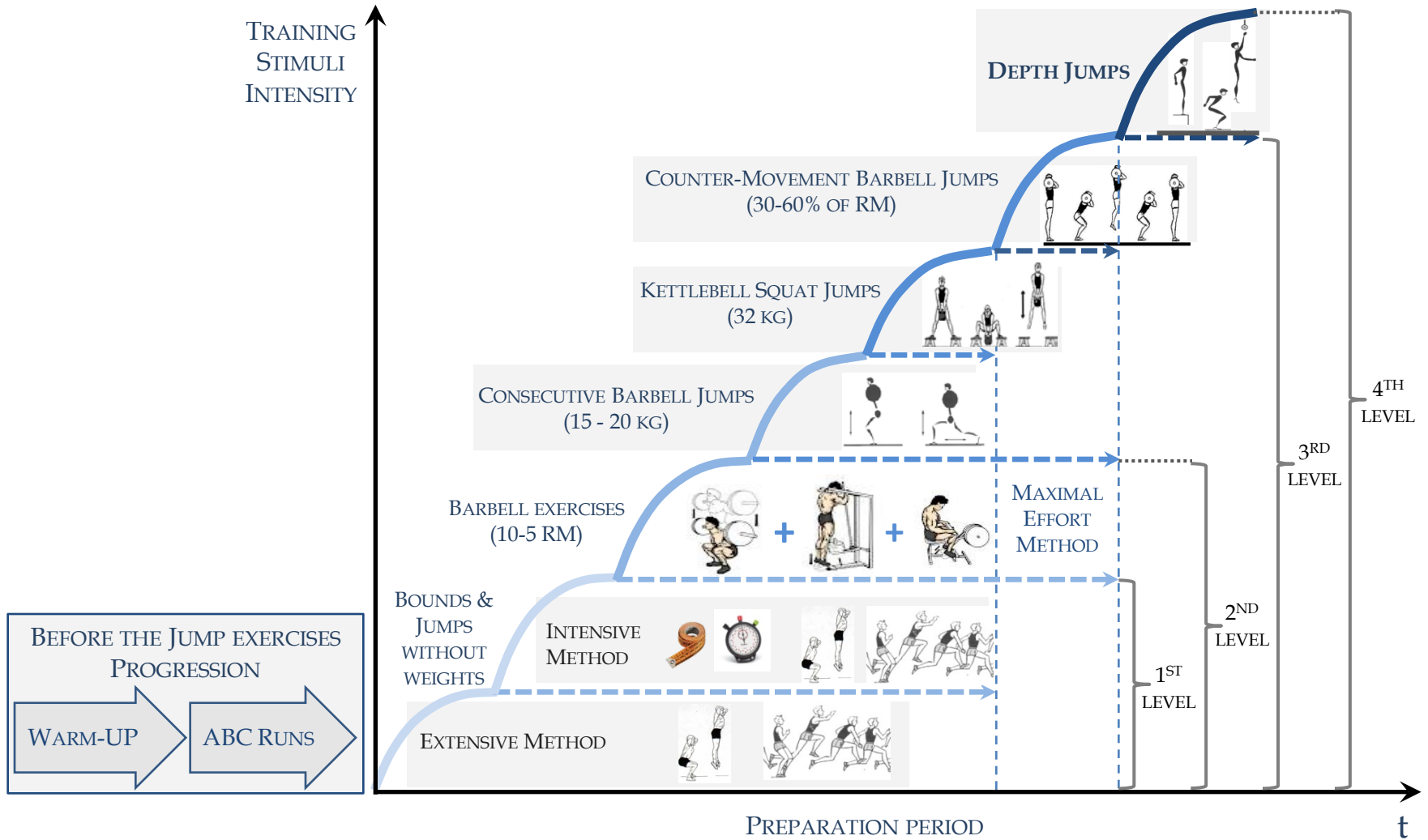


THE WHOLE SCHEME OF CONJUGATE-SEQUENCE SYSTEM FOR THE JUMP EXERCISES PROGRESSION



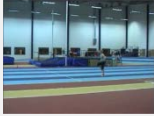
THE "GREY AREAS" CONTAINS THE LINK TO THE VIDEOS OR LIST OF VIDEOS

BEFORE THE JUMP EXERCISES
PROGRESSION

WARM-UP

ABC RUNS

ABC RUNS



I. RUN WITH HIGH LIFTING OF THE THIGHS (HIGH KNEES)



II. RUN WITH A HEEL KICKBACK (BUTT KICKS)



III. HIGH KNEE SKIP



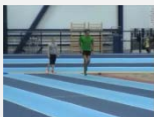
IV. HIGH KNEE SKIP & BOUND



V. SPRINGY RUN (OR BOUNCY RUN)



VI. BOUNCE RUN



VII. LONG BUILD-UPS (CALLED LONG ACCELERATIONS IN RUSSIA)



BOUNDS & JUMPS WITHOUT WEIGHTS

LONG BOUNCES



VIII. [LEG TO LEG BOUNCE](#)



IX. [BOUNCE WITH ALTERNATING 3 TAKE OFFS ON THE LEFT LEG AND 3 TAKE-OFFS ON THE RIGHT LEG](#)



X. [BOUNCE ON THE RIGHT LEG](#)



XI. [BOUNCE ON THE LEFT LEG \(EXECUTED AS ON THE RIGHT LEG\)](#)



XII. [TWO LEGS TAKE OFF BOUNCES \("FROG BOUNCES"\)](#)

DOUBLE LEG CONSECUTIVE JUMPS OVER OBSTACLES WITH MODERATE FORWARD DISPLACEMENT



XIII. [HURDLES JUMPS](#)

XIII. SLALOM JUMPS (*NO VIDEO*)



[BOX JUMPS \(CONSECUTIVE JUMPS ON AND OFF A BOX\)](#)

XIV. [CONSECUTIVE JUMPS ON AND OFF A BOX](#)

INTENSIVE METHOD



BOUNDS & JUMPS WITHOUT WEIGHTS



XV. SINGLE DOUBLE LEG LONG JUMP (BROAD JUMP)



XVI. TRIPLE JUMP (CONSECUTIVE TAKE-OFFS WITH TWO LEGS - RIGHT LEG - LEFT AND A TWO-LEG LANDING)



XVII. FIVE-FOLD JUMP (CONSECUTIVE TAKE OFFS WITH TWO LEGS - RIGHT LEG - LEFT LEG - RIGHT LEG - LEFT LEG AND A TWO-LEG LANDING)



XVIII. 8-10 FOLD JUMP (EXECUTED IN THE SAME WAY AS THE PREVIOUS ONE)



XIX. DOUBLE LEG TRIPLE JUMP (EXECUTED IN THE SAME WAY AS "FROG" BOUNCES)



XX. DOUBLE LEG FIVE-FOLD JUMP



XXI. DOUBLE LEG TEN-FOLD JUMP