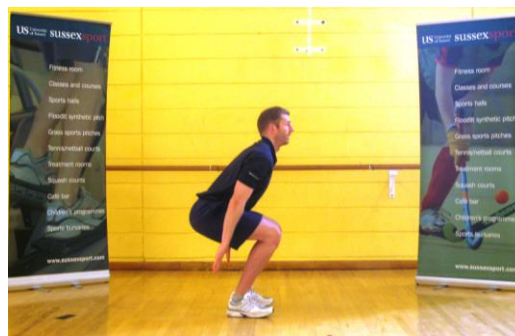

Lower Body (Linear)

Level One: Arm Drive and Stick (double / single)

Start from standing position, feet shoulder width apart and hands stretched above the head. Drive the arms down quickly and stick (hold landing position without feet leaving the floor). Finish position should be mid squat position bend at knees, hips pushed back, torso slight lean forwards shoulders in line with the knees.



Level Two: Double Foot Landing

When landing you should make as little noise as possible, use the muscle to decelerate the body, avoid keeping joints stiff. Loud landings apply unneeded stress to the joints and tendons. Stepping of the step/bench/box, land with both feet. When the feet hit the floor have a slight bend at the knees to absorb the impact. Finish position should be mid squat position bend at knees, hips pushed back, torso slight lean forwards shoulders in line with the knees.

1. Off step
2. Off bench
3. Off Box

