FROG JUMP SIDE

Technical points:

The Frog Jump Side is the same as the forward but you move to one side only, then switch to the other side.

Begin with the feet hip width apart, lower yourself into a full squat, rock onto your toes, keep knees outside the arms and place your hands on the ground a few inches in front of your feet and to one side in the direction you want to move (i.e. right side) at a comfortable distance, where you don't need to transfer your body weight forward or to the side until you are ready to perform the exercise. If your body moves forward or to the side too much then your hands are placed too far from you.

Keep your knees outside your arms, while the toes can point outwards and heels inwards. Hold your feet under your hips with the knees pointing out.



[Fig 40: Frog Jump Side]

When you're ready to execute the exercise, shift your body weight on your arms until your shoulders are aligned with your wrists, lock in your abdominal muscles and gently and controlled lift your feet off the ground, as opposed to pushing against the ground or jumping.

As you lift squeeze your knees towards your chest and land to the right side, behind your hands, not to the right of them, placing your feet softly back down, as opposed to dropping back on the ground. Land with your knees outside the arms.

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[Fig 41: Frog Jump Side]

Aim to stay in the air for a fraction of a second before landing and focus not on how high you jump but on how soft and controlled you land. Landing should be graceful, without a sound, like a Ninja. You will lift higher with time and practice. Focus on using your core muscles, to jump, leap, more and run from your core.

Do the same moving towards the other side.

Progression:

- hold the position in the air before coming down
- lengthen the landing phase, you can count, in seconds, how long it takes you to land and try to make that last longer and longer

Benefits:

Working in the frontal plane and targeting the obliques.

Strengthening and mobilising wrists, hip, back, knees and ankles.

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Toning and strengthening arms, core (obliques in particular) and legs (i.e. quads, glutes, hamstrings and well adductor and abductor)

Strengthening feet, ankles, knees and hips stability muscles for better balance, stability, control and general movement.

Common errors and/or weaknesses to be aware of:

- Not transferring the body weight thoroughly over the hands.
- Landing heavily, with a drop.
- Placing hands too far to the side, which causes an uncontrolled body weight transfer – hands should be placed as far forward as possible without needs to transfer the body weight until it is intended to do so.



[Fig 42: Frog Jump Side]

- Placing only half of the hand, the fingers – the whole palm should be placed on the ground to the side.
- Trying to jump too high or too far before understanding the technique – this causes uncontrolled landing and high impact; height and length are not important at the beginning, understanding how to use the abdominal muscles to lift and place the feet back down is the first step, once this is understood and performed, speed and length can be addressed.

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- Placing the hands to the side and too far forwards ending up in a diagonal direction – place hand straight to the side of the foot.

- Knees are inside the arms. Knees should be outside the arms/elbows.

- Landing beyond the arms. Aim to land right behind the hands and not to their side.



[Fig 43: Frog Jump Side]

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