FROG JUMP TWISTED

Technical points:

Begin with the feet hip width apart, lower yourself into a full squat, rock onto your toes, keep your knees outside your arms at all times while toes can point outwards and heels inwards. Hold your feet under your hips with the knees pointing out.

Place the right hand on the ground, with fingers facing 180°, otherwise stated facing the way you will be landing after the twisted jump. Your hands should not be too far away from your body.



[Fig 44: Frog Jump Twisted]

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Twist your body and shift your body weight towards the right, placing the left hand next to your right, facing the same way, about shoulder width apart. Allow the knees to move as they feel comfortable to allow for the body to perform the movement. You aim to turn or twist your whole body 180°, so upon landing you will be facing the opposite way, thus your hands position accordingly.



[Fig 45: Frog Jump Twisted]

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 with the feet right behind your hands (not to the side) with knees outside your arms.

Fig 46: Frog Jump Twisted shoes the whole movement from beginning to end twisting to the right and then to the left.

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[Fig 46: Frog Jump Twisted]

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.

Continue twisting the left, right, left right....etc

Start with few reps and perform them slowly. Build up to do more reps, still slow, with a very good technique. Then move on to faster, higher and more reps keeping the form for as long as possible. When you have lost form stop, rest and resume.

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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 transverse plane.

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

Toning and strengthening arms, all around core 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:

- Hands not fully facing 180 degrees so the turn is not complete.
- Not rotating the body and transferring the body weight over the arms enough, which leads to pushing off and landing heavily.
- Landing heavily.
- Placing hands too far away from the body, which causes an uncontrolled body weight transfer. Hands should be placed near the body.
- Placing only half of the hand, the fingers on the ground. The whole palm should be placed on the ground.
- 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.
- Knees are inside the arms. Knees should be outside the arms/elbows.

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