CROSS FROG

Technical points:

Begin in a standing position, squat down with the heel on the ground, then rocking onto your toes

Place both hands in front of the body and thread the right leg through the gap between the left hand and left foot. Place the left heel (underneath you) on the ground. You can lift the left hand off the floor if you wish

Starting position above and front and side, right leg out, below



[Fig 64: Cross Frog]

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Pull the right leg under your body (the same way it went out), place the left hand further forward than the right (so you're moving forward), twist and thread the left leg through the gap between the right leg and the right hand. You should now be with the right leg under you (and the heel on the ground) and your left leg stretched out.

Side and front: from starting position, right leg comes in, left leg goes out



[Fig 65: Cross Frog]

Repeat, doing the same on the other side. Pull the left leg under your body, place the right hand further forward than the left, twist and thread the right leg through the gap between the left leg and the left hand (same as the first stage). You should now be with the left leg under the body and the right leg stretched out.

Keep changing from side to side and building momentum. Then try to make the switch through a jump

Regression:

- Perform the movement without a jump, just place the feet on the ground one by one
- Perform the movement with a jump on the spot
- Perform the movement without a jump on the spot

Progression

- Perform the movement backwards

Benefits:

Strengthening core, upper and lower body (thighs, gluteus maximum muscles, adductor and abductor).

Mobilising wrists, hip, back, knees and ankles.

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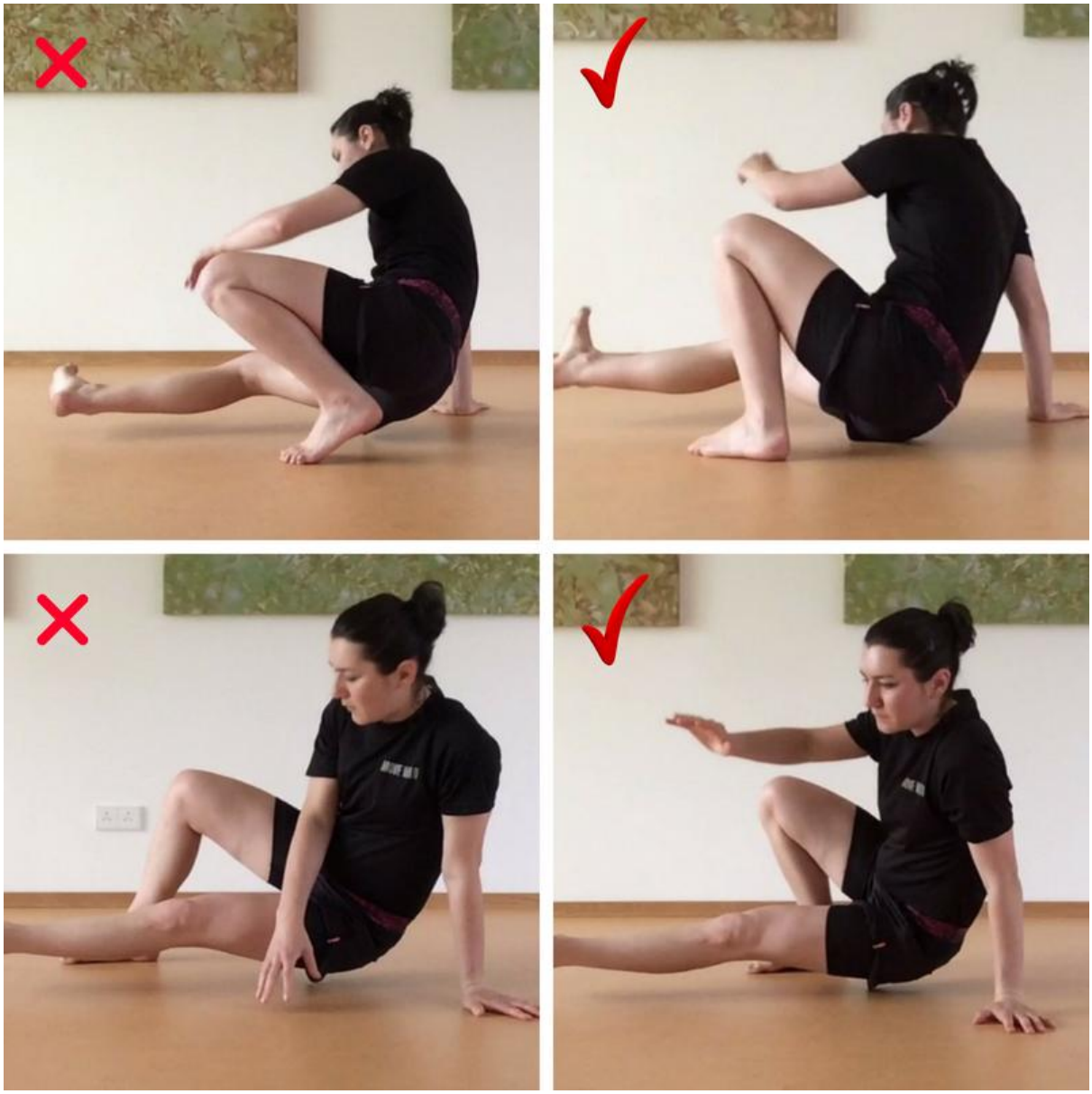
Strengthening stability muscles in your feet, ankles, knees and hips for better balance, stability, control and general movement.

Building excellent coordination and agility.

Common errors and/or weaknesses to be aware of:

- Foot closest to the body is up on the toes and/or it's too far away from the body. Heel should be on the ground and close do the body, almost under the hip



[Fig 66: Cross Frog]

- Not transferring the body weight over the arms enough to unlock the legs. This can be due to poor upper body strength.

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- Placing hands too far away from the body.

- Using just part the hand, the fingers. The whole palm should be placed on the ground in front.

- Trying to jump too high or too far before understanding the technique. This can lead to heavy, uncontrolled landing and high impact; height and length are not important at the beginning.

Notes:

You can perform the movement backwards as well. Same technical points apply but the hands move backwards almost under the body.

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