## HARKNESS CENTER FOR DANCE INJURIES
### JUMP TRAINING PROGRAM

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Repetition or Duration</th>
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</thead>
<tbody>
<tr>
<td><strong>Phase 1: Technique &amp; Motor control</strong></td>
<td></td>
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<tr>
<td><strong>Stage 1a</strong></td>
<td>Week 1</td>
</tr>
<tr>
<td>Parallel prances</td>
<td>20 sec</td>
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<tr>
<td>Parallel high knees Changement/tuck jump</td>
<td>20 sec</td>
</tr>
<tr>
<td>Scissor Jumps</td>
<td>20 sec</td>
</tr>
<tr>
<td>Double leg hop, hop (hold landing 5 sec)</td>
<td>5 reps</td>
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<tr>
<td><strong>Stage 1b</strong></td>
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<tr>
<td>Bounding in place</td>
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<tr>
<td>Parallel high knees Changement/tuck jump</td>
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<tr>
<td>Front/back</td>
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<tr>
<td>Side/side</td>
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Better for every body.
HARKNESS CENTER FOR DANCE INJURIES
DYNAMIC WARM UP

Phase 1:
Supine
2x floor- X position
  begin pulling same side arm and leg toward each other(knee to elbow), expand to X, reapeat 2x each side
  Then into fetal curl R and L 2x
  Into side sit leg swings on elbow: 8 swings, 4 swings, 2 swings
3x roll ups- finish final roll up into saw position
3x Saw
Come into Standing (with correct alignment)

Phase 2:
Second position plie’ with arm swings 4x
Step onto right leg-side leg swings 4x
Step onto left leg-side leg swings 4x

Chasse’ to right- step on right leg-side leg swings 4x
Chasse’ to left- step on right leg-side leg swings 4x
REPEAT chasse’ to right and left

Step right leg into 4th position-plie’ and transfer weight front, back, front, back
Twist Torso toward front leg, arms in second position
Back to neutral in lunge, lift back leg into passe’, arms move overhead
Squat on standing leg in parallel passe’
Straighten leg, relive’ in parallel passe’, hold 5 sec
Passe’ leg lowers directly into next lunge

Bottoms Up
Parallel legs, shoulder width apart
Forearms on thighs, hands clasped
Flat back, movement is a hinge from hips
Straighten legs as much as possible without allowing low back to round, pressing forearms into thighs to counterbalance body
Repeat 10 times
Step legs hip width apart, release arms, roll up through spine

Repeat

Chest expansion
Parallel legs, hips width apart
Press to releve’ position in parallel, arms at sides
Reach arms forward, pull arms back 2x
Look right, left, up, down, return to center
Close eyes, float down for 4 counts to stand in parallel