

**FIGHT OR
FLIGHT
WARMUP
VERTICAL JUMP EDITION**



TWICE THE SPEED

WIDEOUTS

10 SECONDS X 3 SETS

HOW TO PERFORM

Have the band around your ankles and then jump and spread your feet apart about 2 feet then jump back into having them about 1 foot apart. You jump laterally instead of front back. You will have to do this as fast as you can.



ALTERNATE QUICK FEET

10 SECONDS X 3 SETS

HOW TO PERFORM

You will have a line and have one foot over the line and one foot behind the line. Now with the band still around your ankles you will alternate your feet over the line. You will do this as fast as you can.



BAND HOLDS

10-15 SECONDS X 2 SETS

HOW TO PERFORM

The band will be around your ankles and have your knee drive up and hold it at the top point. Do not have it go higher than your hip though. Keep it there for around 10-15 seconds for one set then redo again once you are ready.



BAND CHOPS

10 REPS X 2 SETS

HOW TO PERFORM

Similar to the “Band Holds” however instead of holding your knee you will just drive the knee up then back down and then back up. Make sure to keep your arms straight like you are running. This will help with your explosiveness and your arm movement to help with your momentum.



KICKOUTS

8 REPS X 2 SETS

HOW TO PERFORM

You will have the bands around your ankles and have your leg in the “Band Holds” position and you will kick your foot out in front of you but make sure your thigh is in the same position throughout the whole set.

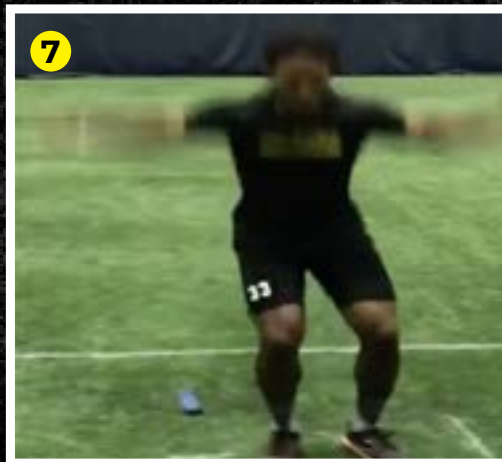
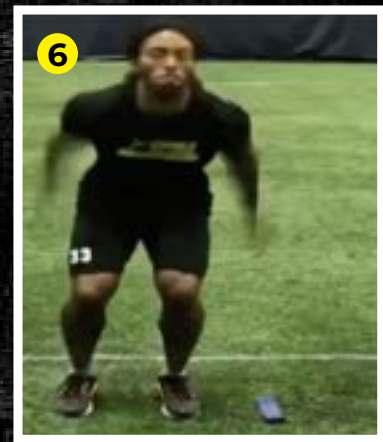
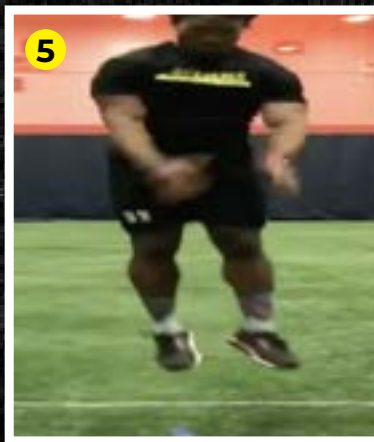
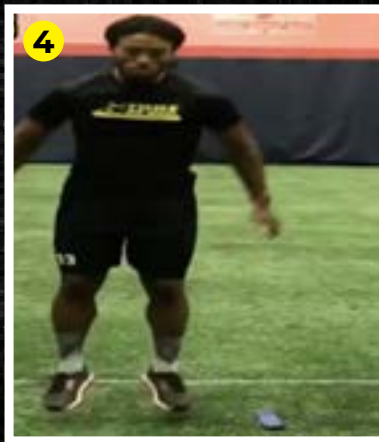
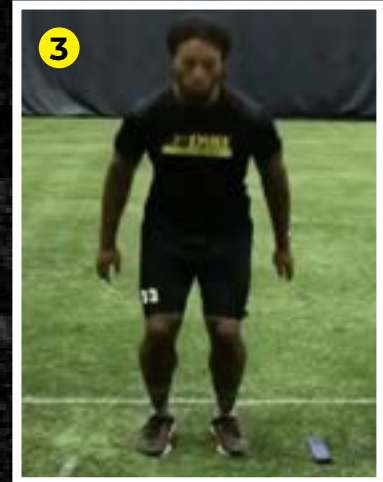
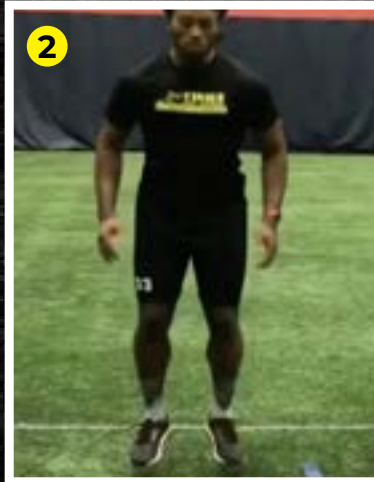
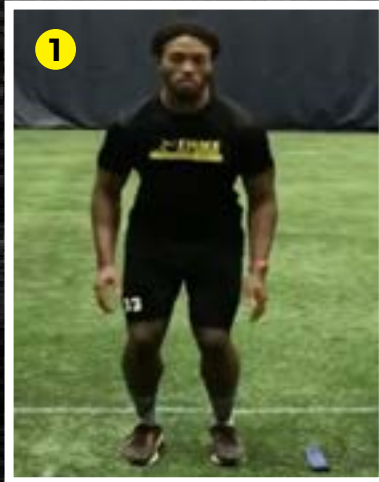


LOADED LATERAL HOPS

6 REPS X 3 SETS

HOW TO PERFORM

Have a marker on the ground and jump over the marker laterally. However you will have a load hop which is a little hop before the actual hop jumping over the marker. So you will jump 2-4 inches off the ground then once you land you will jump through the ground as hard as you can and jump laterally over the marker.

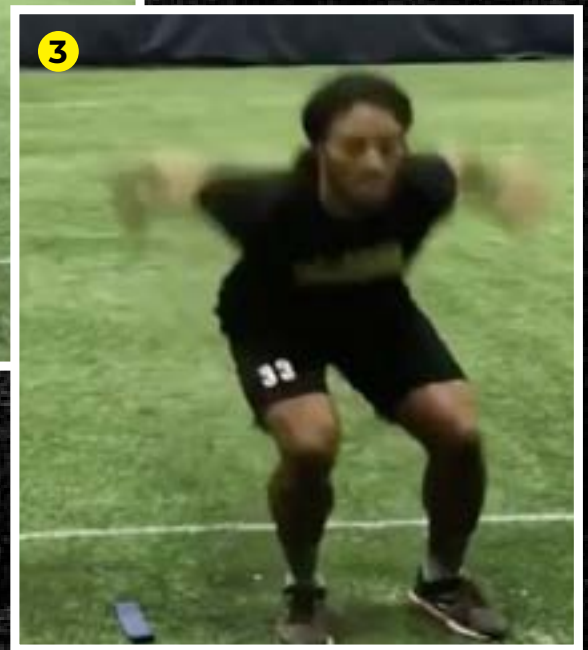


LATERAL TUCK JUMPS

6 REPS X 3 SETS

HOW TO PERFORM

Have a marker on the ground and jump over the marker laterally however you when you jump you will tuck your knees up to your chest.

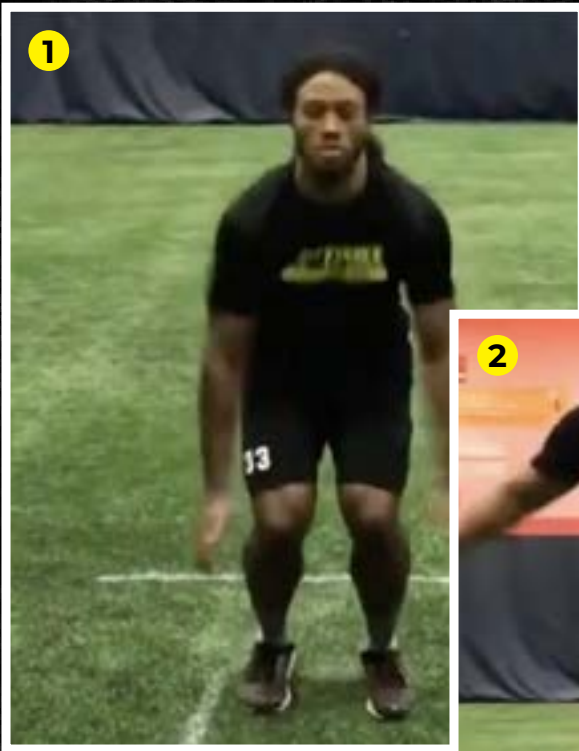


HOPS TO LUNGE HOLD

8 REPS X 2 SETS

HOW TO PERFORM

Do 3 average hops like you are loading then on the 3rd jump, use all your effort to jump high and land in a lunge then hold for 1-2 seconds.



RANDOM POWER JUMPS

10 MAX EFFORT JUMPS

HOW TO PERFORM

How To Perform: This is the finisher for the warmup. You will walk around where you are at and then when you are ready do a one step into a max effort jump.

