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EDUCATION ACADEMY**  
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# BOX JUMPS

## DO's and DON'Ts Checklist

Ready to Master Box Jumps? The following is a list of Do's and Don'ts to help you master your first Box Jump today and forever.



### DO'S

- ATHLETIC READY**  
To ensure safety and maximal power, jump from and land to, athletic ready position
- LAND LIKE A NINJA**  
Landing soft and athletic ready. Like a ninja mean minimal wasted movement and absence of noise and chatter.
- INITIATE WITH ARMS**  
As in running, the arms initiate the movement. Start your jumps with a powerful arm swing
- FOCUS**  
Never lose your focus. Lose focus and your risk of "shinning" increases dramatically. If you are jumping, your focus is the jump. Jump with focus and intention
- 12-18 INCHES**  
Natural forward movement will move us forward. Because of this we do not stand right at the box. 12-18 away for all box jumps

### DON'TS

- DON'T RUSH**  
Box jumps only need to be added after jump technique is mastered. Floor jumps are great and don't need to be progressed to box jumps unnecessarily quickly
- ELIMINATE ARMS**  
Nervous jumpers jump with legs only. This is unnatural and counterproductive for power production.
- GET TOO CLOSE**  
Fear makes us want to jump close to the box. Momentum makes being close dangerous and unnecessary.
- GET DRISTRACTED**  
After successfully landing one time, we get cocky. DON'T. Always respect the possibility of missing a landing and hurting yourself. Stay focused
- JUMP HEELED**  
We need to be athletic ready to jump powerfully. Forward lean, hips and knees ready and a slight forward shift to our toes.