

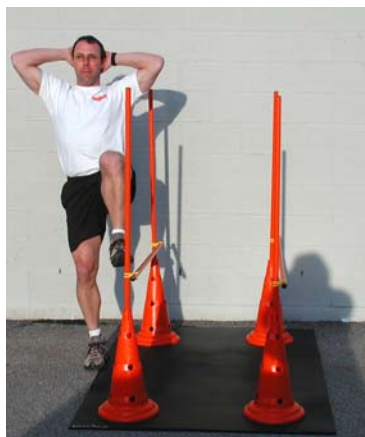
HURDLE CONES AND POLES

Hurdles can be utilized in any plyometrics, coordination, agility, or flexibility program. Before beginning any jump training, make sure that you are working on a safe, non-slip surface. Develop strong balance and landing techniques before attempting the more challenging exercises. The exercises that follow are just a small introduction to what can be done with this equipment.

1. **HURDLE WALKS** – Set two or more hurdles to a comfortable stepping height. Walk over them, placing only one foot on the ground between hurdles. Repeat.



2. **LATERAL WALK OVERS** – Start with your side facing the hurdles. Step over first hurdle with inside leg. Follow with other leg. Repeat sequence over the other hurdle(s). To increase the difficulty of this exercise, raise the height of the hurdles.



3. **OVER/UNDER** – Set first hurdle level at the shins and second level at the waist. Step over the first hurdle and under the second. Repeat in opposite direction or with more hurdles.



4. **LATERAL OVER/UNDER** – This exercise combines a Walk Over and a Lateral Under. Step over the first hurdle and then move laterally under the second.



5. **JUMPS** – Jump over hurdles with both feet. Hold your landing position between the hurdles for five seconds. Repeat sequence.

Variations:

- A. Stagger height of hurdles
- B. Jump with one leg.
- C. Repeat jumps without holding between hurdles.

