

STAND UP TALL







FAST FEET







PULL THE TRAIL LEG











LANDING



TRIPLE JUMP TECHNIQUE







STEP





Athletics Foundations:

HIGHJUMP
TECHNIO

RAISE HIPS BEND BACK DROP SHOULDERS LIFT FEET

J

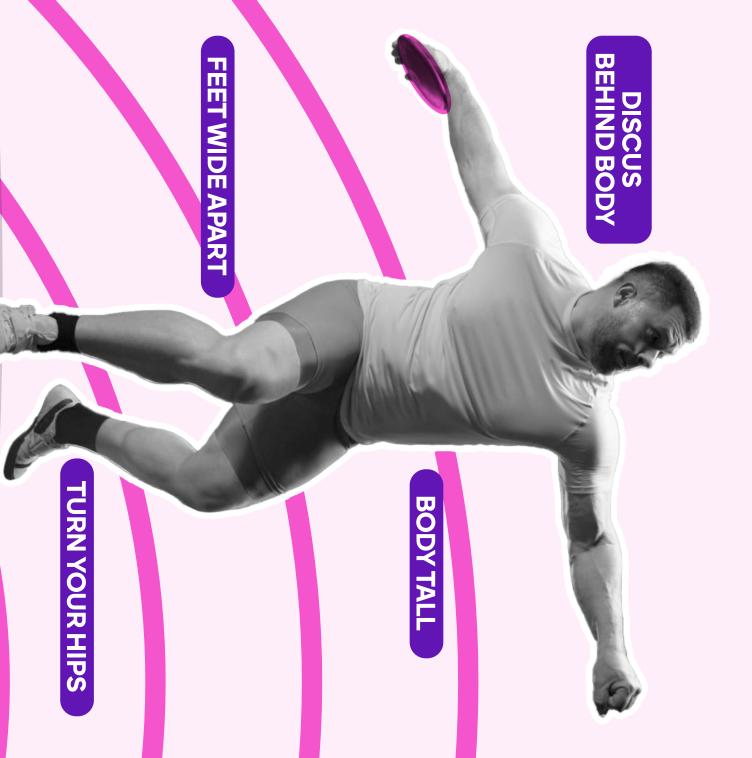


HIGH ELBOW

TURN YOUR HIPS











ARM STRAIGHT

FRONT LEG STRAIGHT

