

Exercise of the Month



Single Leg Hop

Purpose: The single leg hop is a version of the jump squat and is used to help build strength in the leg. Single leg hops are a plyometric movement used to train muscles to produce explosive power.

Target Muscles: Quads, Adductors, Calves, Glutes, Hamstrings, Hip Flexors

Equipment Needed: Bodyweight

Start/Movement:

- Start in an athletic position with feet roughly shoulder width apart and arms by your side
- Shift your weight to one leg and lift the other leg off the floor
- Slightly bend your supporting knee while extending your unsupported leg behind you.
- Drive the unsupported knee forward and upward, while simultaneously pushing off the ground with your other leg
- Be sure to land softly on your mid-foot, not your heel
- This exercise is usually performed for 4-6 sets of 6-12 reps

Tips:

- When you are jumping try and drive the opposite arm and knee up. For example, if you are jumping off the left leg you would drive the right knee and left arm up while driving your left arm back.

Benefits:

- The benefits are increased muscular strength, balance, explosive power, and potential increase in cardiovascular fitness depending on the duration of the exercise.

[Click here](#) to view a video demonstration of this exercise.

