**PLYOMETRIC JUMP TRAINING ADVICE FOR DANCERS**

**1. SAFETY FIRST**
- Have foundational strength in lower limbs
- Wear training shoes
- 15' heart-raising warm-up (squats, lunges, jogging, hops, rope-skipping, core work)

**Source:** Davies, Riemann and Mauker, 2015

**Photo:** Charlotte Karlsen from Unsplash; Victor Prettas from Pexels; Bruno Nascimento from Unsplash

**2. PROGRESSION**
- Weeks 1-4: Basic jumps concentrating on landing stability; 80-100 foot contacts
- Weeks 5-7: Include changes of direction, increase distance and add small obstacles; 100-120 foot contacts
- Finally: Jump with maximum power, add high obstacles; 120-140 foot contacts

**Sources:** Davies et al., 2015; Brown, Well, Schade, Smith, & Pelling, 2007; Piper, & Riemann, 1998

**3. REST**
- 6-8 reps. & 2' rest
- 1 session & 48hrs. of rest

**Source:** Davies et al., 2015

**Photo:** Anhtrick Tran from Unsplash

**4. QUALITY BEFORE QUANTITY**
- Master the current training phase before attacking the next level.
- Contraindications: Tired legs, faulty alignment, pain, inflammation or strains.

**Source:** Davies et al., 2015

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