

Movin & Grooving with Erin



KANGAROO JUMPS



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Greater Akron



Beginner Kangaroo Jumps



Start in an athletic position with your knees bent at 45-degrees. Then push through your legs and feet and jump into the air as high as you can. When you land, return to your starting position with your knees at 45-degrees. Repeat movement 10 times.



Start with knees bent at a 45-degree angle



Jump into the air as high as you can



Land in the same position that you started in & repeat movement



Intermediate Kangaroo Jumps



Start in an athletic position with your knees bent at 90-degrees. Then push through your legs and feet and jump into the air as high as you can. When you land, return to your starting position with your knees at 90-degrees. Repeat movement 10 times.



Start with knees bent at a 90-degree angle



Jump into the air as high as you can



Land in the same position that you started in & repeat movement



Advanced Kangaroo Jumps



Exact same movement as the intermediate, but add a band for resistance.
Repeat movement 10 times.



Start with knees bent at a 90-degree angle & a band around your legs, just above your knees



Jump into the air as high as you can



Land in the same position that you start in & repeat movement