

BROAD JUMP



WHAT IT IS

A measure of distance jumped forward

HOW TO DO IT

- After your warm-up but before hard exercise, squat slightly and lean forward, swinging your arms backward.
- Swing your arms forward and jump off both feet as far forward as you can.
- Measure the distance from the starting line to the point where your heels landed.

WHAT IT MEANS

If you're 4 inches or more below your average jump, make it an easy day. (Determine your average over a period of five sessions.)

RANGE OF MOTION (ROM) TEST



A test of the range of motion of your hamstrings and lower back

- Assume a shoulder-width stance with your feet parallel.
- Bend forward, reaching toward your toes.
- The moment you feel the slightest pull in your hamstrings or back, stop. This is not a max-effort stretch!
- Note how far you reached — 2 inches below your knees, mid-shin, hands on the floor — this is your baseline measurement.

Test your range of motion throughout your workout. If it improves, continue full steam ahead. If not, try a different exercise or call it a day.