## GORILLA HURDLES

Gorilla hurdles can be incorporated into any plyometric program. The exercises listed below can be performed with either the 6" or 12" hurdles.

1. **STAR JUMPS** – Arrange hurdles so that they form a square pattern. Stand behind one hurdle, jump into the center and then hold landing position for three seconds. Jump laterally to the right or left, hold position for three seconds and then return to center. Continue this process until all the hurdles have been cleared.
     Variations: Change height of hurdles, distance between them, or starting position. Also try performing this exercise with no holds between the jumps.
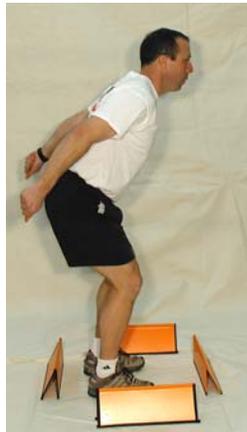
2. **HURDLE JUMPS** – Place hurdles so that there is adequate landing space between them. Jump over each hurdle, spending as little time as possible on the ground.
     Variations: Change the height of, number of, or distance between the hurdles.

PERFORM BETTER!
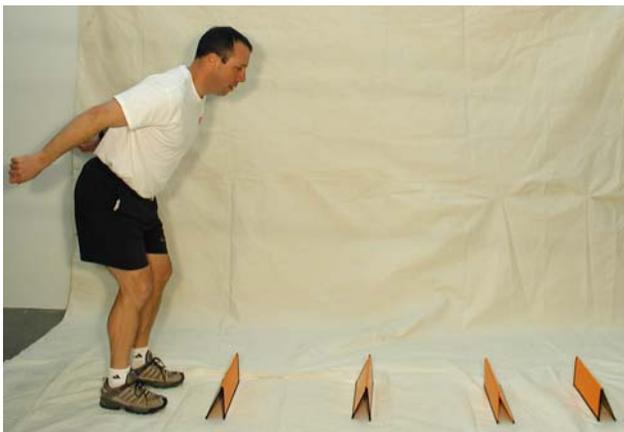
3. **SINGLE LEG BOUND** – Set up hurdles with adequate landing space between them. Stand on right leg facing the hurdles. Bound over the first hurdle and land on left leg. Continue clearing the hurdles with alternate legs. Repeat.
       Variations: Change the height, number, or pattern of the hurdles. Also try hopping (taking off and landing on the same leg) over them.

4. **LATERAL JUMPS** – Begin standing with side facing the first hurdle. Jump laterally over each hurdle, spending as little time on the ground as possible. Repeat to opposite side.
       Variations: Change height of and/or distance between the hurdles. Also try hopping (taking off and landing on the same leg) over them.

5. **MULTI DIRECTION JUMPS** – Begin by facing the first hurdle. Jump over it, turning 90 degrees in the air. Hold landing position for three seconds. Jump over the next hurdle, once again turning 90 degrees so you return to a forward facing position. Repeat the sequence over all the hurdles.
       Variations: Change the height of and/or distance between the hurdles. Also try changing the degree of rotation in the air (90, 180, 270, 360).