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TRAINING GUIDE

powered by
EXOS.

SKLZ products are designed in collaboration with EXOS, the leader in proactive health and performance programs for pro athletes, the military and those serious about fitness.

EXOS broke down specific movements using this product to help you reach new levels of performance.

USING THE GUIDE

The training guide has recommended movements for warm up, speed and agility and power for your training session. These movements focus on movement variations that will target an athlete's lateral quickness and power. The recommended sets and reps are a guideline to avoid over training.

Don't forget to WARM-UP and RECOVER.

It's critical to prepare your body to move before you train. This assists with injury prevention and athlete longevity. After you train, it's equally important to recover after each workout. The more effectively you recover, the quicker your body adapts and the sooner you can perform another workout.

Add this gear to your training for even more results.



Lateral Resistor Pro



SpeedSac



AccuRoller

Post your experience with #SKLZ and connect with the SKLZ network.



PREPARE TO BE READY

TRAINING SESSION

For more drills and videos in this training program, visit sklz.com/HOPZ

WARM-UP

6-10 REPS | 10-15 SEC

- Glute Bridge
- Forward Lunge, Elbow to Instep
- Pillar March
- Forward Lunge
- Lateral Lunge

TRAIN

5 REPS | 3-5 SETS

- **VERTICAL JUMP**
- **LINEAR BOUND—COUNTER-MOVEMENT**
- **HORIZONTAL JUMP**
- **45 DEGREE BOUND—QUICK/STABILIZE**
- Squat Jump
- Vertical Hop to Stabilize

RECOVER

3-4 REPS | 30-45 SEC

- Barrel Roll Glutes
- Barrel Roll Quads
- Barrel Roll Hamstrings



TRAIN

VERTICAL JUMP

START: Stand with your feet slightly wider than shoulder-width apart.



STEP 1

Sweep your arms back as you lower and load into your hips. Quickly jump straight into the air.

COACHING TIP: As you jump, make sure your body is fully extended by driving your hips up and through. Swing your arms to help propel yourself forward.

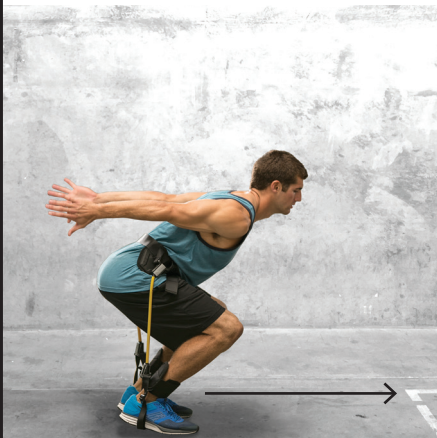


STEP 2

Control your body when you land, stabilizing with your hips back, knees bent and arms behind your torso. Stand up, reset to the starting position, and repeat the movement. Continue for the remainder of the set.

HORIZONTAL JUMP

START: Stand with your feet slightly wider than shoulder-width apart with your elbows bent 90 degrees.



STEP 1

Sweep your arms back as you lower and load into your hips. Quickly jump straight into the air.

COACHING TIP: As you jump, make sure your body is fully extended by driving your hips up and through. Swing your arms to help propel yourself forward.



STEP 2

Control your body when you land, stabilizing with your hips back, knees bent and arms behind your torso. Stand up, reset to the starting position and repeat the movement. Continue for the remainder of the set.

LINEAR BOUND—COUNTER-MOVEMENT TO STABILIZE

START: Stand tall on one leg with your elbows bent 90 degrees.



STEP 1

Dip down slightly at the hip and knee and pull your elbows behind you. Immediately bound forward, generating force by driving your arms toward the sky, and pushing off the ground.

COACHING TIP: Bound as high and far as possible while aiming to stick the landing.



STEP 2

Land softly on your opposite leg by absorbing the impact with your hip. Hold for 2 or 3 seconds, and then stand. Repeat the movement on the opposite leg. Continue alternating for the remainder of the set.

45 DEGREE BOUND—QUICK/STABILIZE

START: Stand on one leg with your arms bent at your side. Cock your elbows back as you dip your hips back and down.



STEP 1

Using your arms and hips to generate force, bound forward at a 45 degree angle. Land on the opposite leg and, without pausing, bound 45 degrees in the opposite direction.

COACHING TIP: Bound as high and as far as possible while aiming to stick the landing.



STEP 2

Land on the opposite leg and stabilize. Return to the starting position and repeat. Continue alternating for the remainder of the set.