

# HIGH JUMP



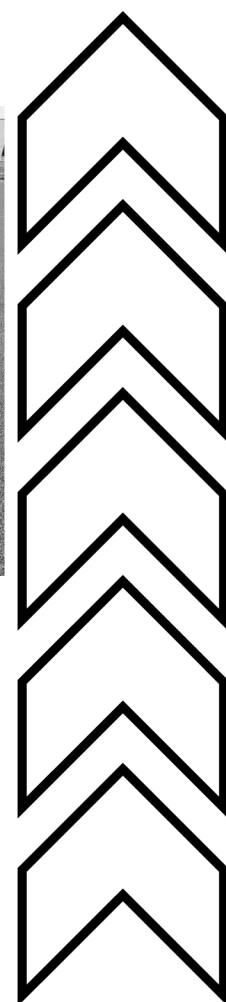
## MAT AND RUN UP DRILLS



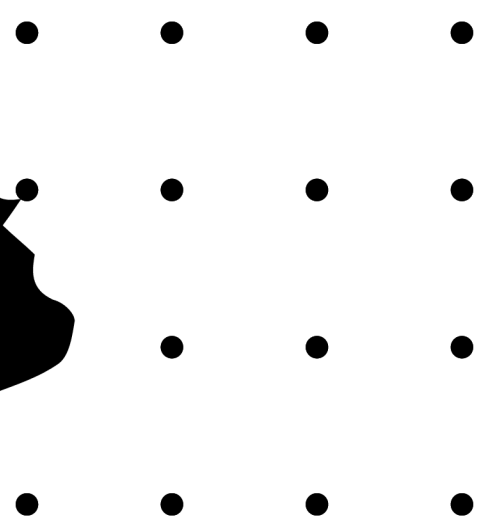
### GLUTE BRIDGE HOLD



AND



### GLUTE BRIDGE KICKOUT ON THE MAT



### FLOP DRILL ON MAT

### CIRCLE RUNS

