

BOUNDING



Simple bounding is also known as standing long jump

DEEP SQUAT BOUNDING



Deep squat bounding is similar to regular bounding with the exception of landing in a deep squat position

ONE LEG BOUNDING

FORWARD BOUNDING



LATERAL BOUNDING



ONE LEG BOUNDING WITH HOLD ON LANDING

FORWARD BOUNDING



LATERAL BOUNDING



Both performed in similar fashion with exception being with hold on landing rather than continuous. Continuous bounding is performed for a specified number of repetitions on same leg.

CRISS-CROSS BOUNDING



Performed in forward motion leaping from right to left over a certain distance or number of repetitions.