



# PERFORMANCE CYCLING CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING CYCLISTS

[www.performancecondition.com/cycling](http://www.performancecondition.com/cycling)

## Jump Squat

### Start:

- Use same starting procedures as the squat exercise.

### Going Down:

- Under control bend hips backwards, bend knees and ankles.
- Inhaling descend slowly until tops of thighs are parallel to floor, pause.
- Keep back straight and chest up.

### Coming Up:

- Exhale as you straighten hips and knees to return upright in an explosive manner raising feet off the ground landing on the balls of the feet.
- Eyes focused straight ahead.
- Back flat as possible.
- Knees over ankles.
- Do not bounce at bottom position.
- Do not bring knees together coming up.

