

HOGGAN
HEALTH INDUSTRIES

HOGGAN Sprint Airbouncer™



Exercise Index



Basic Jump: A



Basic Jump: B

BASIC JUMP

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand on center of the platform, place your feet hip width apart, grasp handrails slightly in front of torso.
2. Squat slightly then push off of platform with both feet and jump.
3. Land working through the foot (toe-ball-heel) while keeping knees soft.
4. Repeat.

Points to Remember

- ✓ When jumping, think of going straight up, not out.
- ✓ Increase intensity by upping frequency/height of jumps.
- ✓ Decrease intensity by lessening height of jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body.

Function of Movement/Benefits:

This exercise helps increase the lower body's ability to produce power and perform powerful movements. It also helps to develop the body's balance and stabilization mechanism.



Squat Jump: A



Squat Jump: B

SQUAT JUMP

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand on center of the platform, place your feet hip width apart, grasp handrails slightly in front of torso.
2. Sit back into hips, squatting without letting heels come off platform.
3. Push off of platform with both feet and jump up.
4. Land working through the foot (toe-ball-heel) while keeping knees soft.
5. Repeat.

Points to Remember

- ✓ When jumping, think of going straight up, not out.
- ✓ Increase intensity by upping frequency/height of jumps.
- ✓ Decrease intensity by lessening height of jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body.

Function of Movement/Benefits:

This exercise helps increase the lower body's ability to produce power and perform powerful movements. It also helps to develop the body's balance and stabilization mechanism.



Jumping Jack I: A



Jumping Jack I: B

JUMPING JACK I (FEET ONLY)

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, place your feet together, and grasp handrails slightly in front of torso.
2. Bend knees slightly then push off of platform and jump feet a little wider than hip width apart.
3. Jump feet back together, center.
4. Repeat.

Points to Remember

- ✓ When jumping, think of jumping down *into* the platform, not up.
- ✓ Increase intensity by increasing the speed of the jumps.
- ✓ Decrease intensity by slowing down the jumps, with some rest in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body.

Function of Movement/Benefits:

This exercise helps increase the lower body's ability to produce power and perform powerful movements. It also helps to develop the body's balance and stabilization mechanism within a lateral (side) plane of motion.



Jumping Jack II: A



Jumping Jack II: B

JUMPING JACK II

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, place your feet together, with arms bent (elbows by ribcage).
2. Bend knees slightly then push off of platform and jump feet a little wider than hip width apart while bringing arms up overhead.
3. Jump feet back together, center, and pull arms back to bent position (squeezing back as arms come down).
4. Repeat.

Points to Remember

- ✓ When jumping, think of jumping down *into* platform, not up.
- ✓ Increase intensity by upping speed of jumps.
- ✓ Decrease intensity by slowing jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body. Using the arms makes this a total body exercise.

Function of Movement/Benefits:

This exercise helps increase the lower body's ability to produce power and perform powerful movements. It also helps to develop the body's balance and stabilization mechanism within a lateral plane of motion and works on building coordination between the upper and lower body.



Scissor Jump: A



Scissor Jump: B

SCISSOR JUMP

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, feet together, grasping handlebars (not shown).
2. Bend knees slightly then push off of platform and jump left foot to front of the platform while the right foot jumps to the back (photo A).
3. Jump off the platform and quickly switch (scissor) legs in the air (not shown).
4. Land with the right foot lands front and the left foot back (photo B).
5. Repeat.

Points to Remember

- ✓ When jumping, change the emphasis of the movement by focusing on jumping up, or emphasizing the landing (down) part of the jump.
- ✓ Work on building speed on jumps while switching legs quickly.
- ✓ Decrease intensity by slowing jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body. The scissor works on building coordination and speed.

Function of Movement/Benefits:

This exercise helps increase the lower body's ability to produce power and perform powerful movements. It also helps to develop the body's balance and stabilization mechanism within the front plane of motion important for walking/running everyday movements.



3-Dot Drill: A



3-Dot Drill: B

3-DOT DRILL

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. To do this move, imagine there are three dots on the platform – one in the center, and one on each side of the back corners of the platform. Begin with feet wide, on the imaginary back two dots, grasping handlebars (as shown in photo A).
2. Bend knees slightly then push off of platform and jump feet together onto imaginary center dot (photo B).
3. Jump feet back to back two dots (photo A).
4. Repeat.

Points to Remember

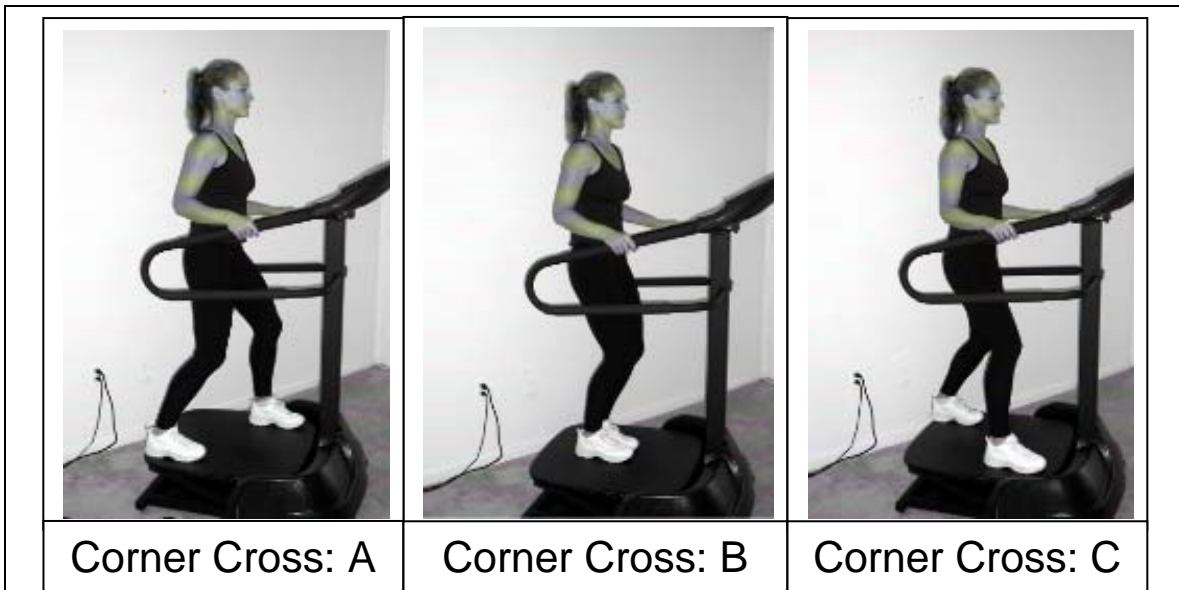
- ✓ When jumping, focus on the landing (down) part of the jump.
- ✓ Work on building speed on jumps without losing the accuracy of the foot pattern.
- ✓ Be cautious not to jump too far back off platform.
- ✓ Decrease intensity by slowing jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body. This drill works on building agility, coordination and speed.

Function of Movement/Benefits:

This exercise helps to develop the body's balance and stabilization mechanism with forward and backwards movements, important for daily activities.



CORNER CROSS JUMPS

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, feet together, grasping handlebars (as shown in photo B).
2. Bend knees slightly then push off of platform and jump left foot to front left corner of the platform while the right foot jumps to the right back corner (photo A).
3. Jump feet back together, center (photo B).
4. Reverse with right foot front, left foot back (photo C).
5. Repeat.

Points to Remember

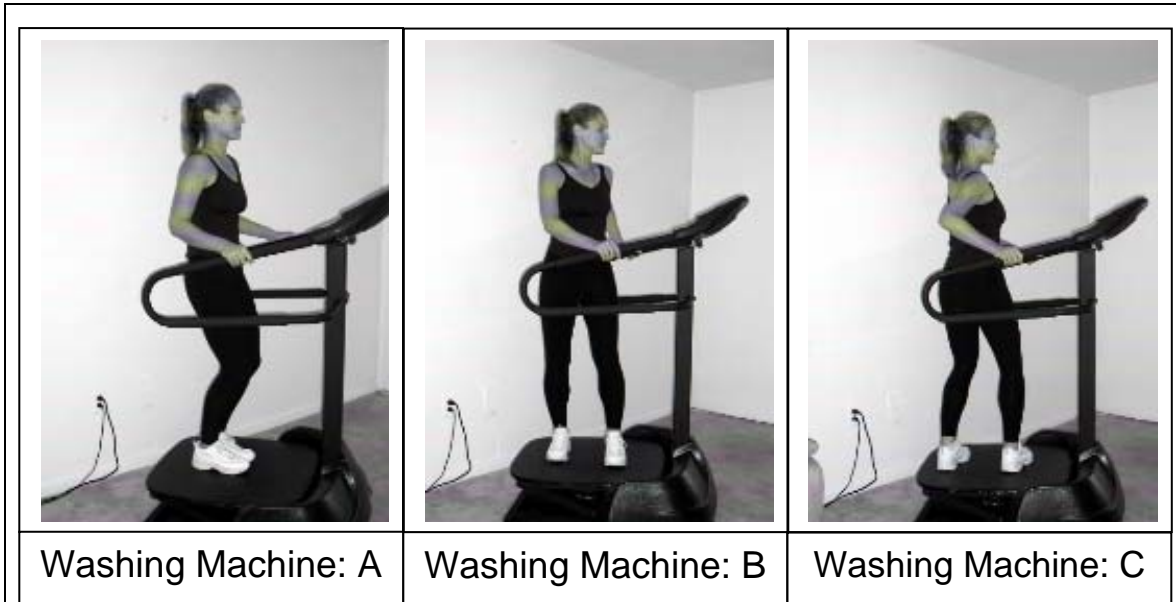
- ✓ When jumping, focus on the landing (down) part of the jump.
- ✓ Work on building speed on jumps without losing the accuracy of the foot pattern.
- ✓ Try to keep body weight evenly distributed on the right and left leg on the landing.
- ✓ Decrease intensity by slowing jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body.

Function of Movement/Benefits:

This exercise helps to develop the body's balance and stabilization mechanism within different planes of motion and works on improving coordination and speed.



WASHING MACHINE

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, feet together, grasping handlebars (photo A).
2. Bend knees slightly then push off of platform and jump, twisting lower body and hips to face right side of the platform, landing with feet hip width apart (photo B).
3. Jump feet back together, center (photo A).
4. Reverse, jumping to the left side (photo C).
5. Repeat.

Points to Remember

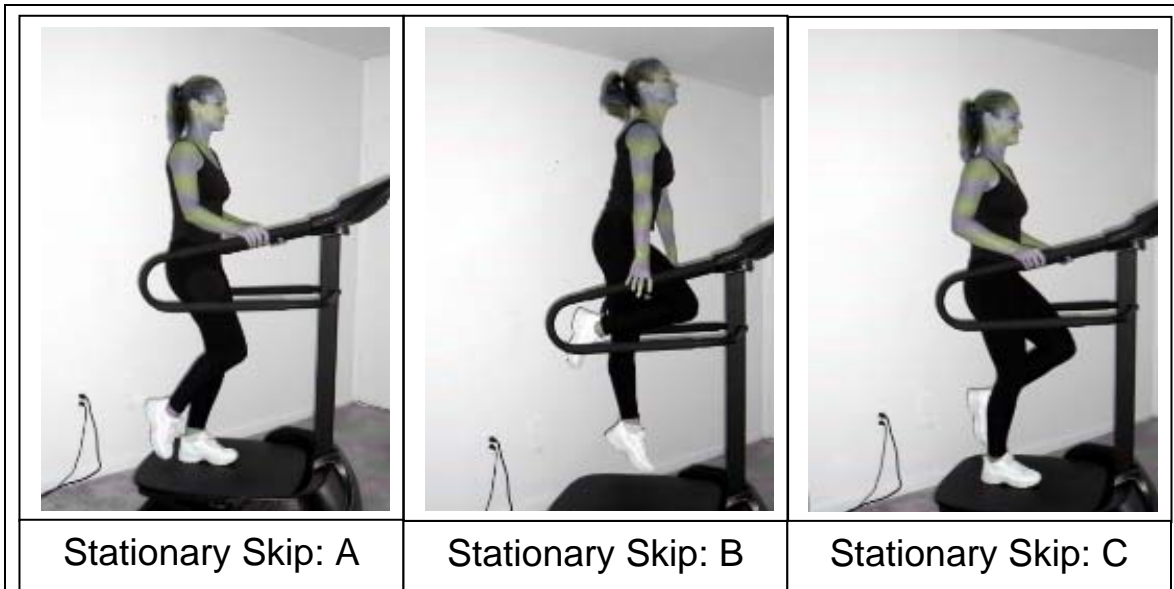
- ✓ When jumping, keep abdominals pulled into (think of drawing your navel into your spine) during jump and while landing.
- ✓ Work on building speed on jumps without losing good posture.
- ✓ Decrease intensity by slowing jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body, while also engaging the abdominals and obliques.

Function of Movement/Benefits:

This exercise develops core and leg strength, and specifically trains the body to perform twisting movements with control and stabilization, which can be a source of injury for these muscles (if they are weak), while performing everyday activities.



STATIONARY SKIP

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand on left leg, with right knee bent (right foot lifted off platform) in the center of the platform, grasping handlebars (photo A).
2. Bend knees slightly then push off of platform and jump (photo B).
3. Land on left leg, with knee slightly bent (as shown in photo A).
4. Reverse, on the left side (photo C).
5. Repeat.

Points to Remember

- ✓ When jumping, think of going up, pushing strongly off of supporting leg.
- ✓ Work on building speed and height on jumps without losing good posture.
- ✓ Decrease intensity by performing smaller jumps, resting in between.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body. Performing a unilateral (one sided) movement helps to develop balanced strength and power through the legs.

Function of Movement/Benefits:

This exercise develops lower body strength and power, as well as stabilization and balance.



Stationary Jog: A



Stationary Jog: B

STATIONARY JOG

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand on left leg, with right knee bent (right foot lifted off platform) in the center of the platform, grasping handlebars (photo A).
2. Bend knees slightly then push off of platform and jump (not shown).
3. Land on left leg, with knee slightly bent (as shown in photo A).
4. Reverse, on the left side (photo C).
5. Repeat.

Points to Remember

- ✓ Work on building speed for a more intense cardio workout.
- ✓ Decrease intensity slowing down the movement.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body.

Function of Movement/Benefits:

This exercise develops lower body power, strength and endurance.



High Knees: A



High Knees: B

HIGH KNEES

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand on left leg, with right knee bent (right foot lifted off platform) in the center of the platform, grasping handlebars (photo A).
2. Push off platform with left leg and quickly switch legs in the air (not shown).
3. Landing on right leg with knee bent, with the left knee lifted high (photo B).
4. Repeat.

Points to Remember

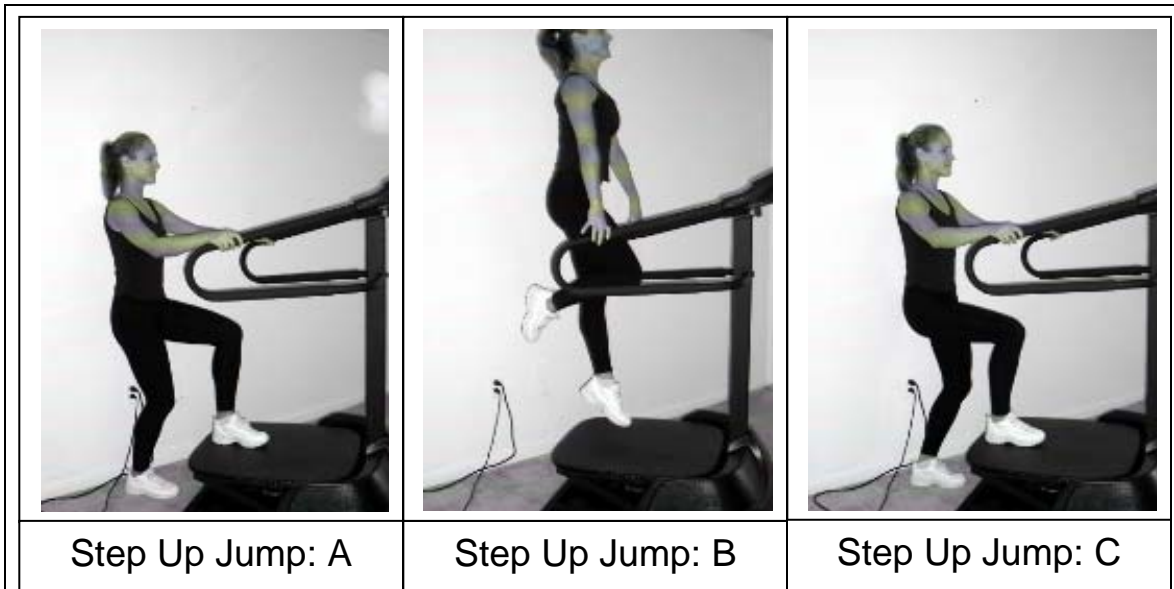
- ✓ Think of this movement as a run with your knees in front of you – the accent of the movement is ‘up’ as the knees come forward.
- ✓ Keep your abdominals drawn in to also engage the abs during the movement.
- ✓ Work on building speed for a more intense cardio workout.
- ✓ Decrease intensity slowing down the movement.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body. The abdominals also work to help lift the knees.

Function of Movement/Benefits:

This movement develops lower body power, strength and endurance. This is a great cardio endurance building exercise.



STEP UP JUMPS

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Standing on the floor, in front of the platform, place left leg on platform while grasping the handlebars (photo A).
2. Bend right knee and jump up onto platform with left leg (photo B).
3. Switch legs as you are landing, so that the right foot lands on the platform, and the left foot is on the floor, with left knee bent (photo C).
4. Reverse and repeat.

Points to Remember

- ✓ This movement is more advanced, so take time to master it.
- ✓ Work on building speed for a more intense cardio workout.
- ✓ Decrease intensity slowing down the movement.

Muscles Targeted:

The entire lower body works during this exercise: all the muscles in the lower body function to push off, land and stabilize the body.

Function of Movement/Benefits:

This movement develops lower body power, strength and endurance. This is a great cardio power and coordination building exercise.



Upper Body Jump: A



Upper Body Jump: B

UPPER BODY JUMPS

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (photo A).
2. Push off the platform, concentrating on using the upper body to help you gain height on the jump (photo B).
3. Repeat.

Points to Remember

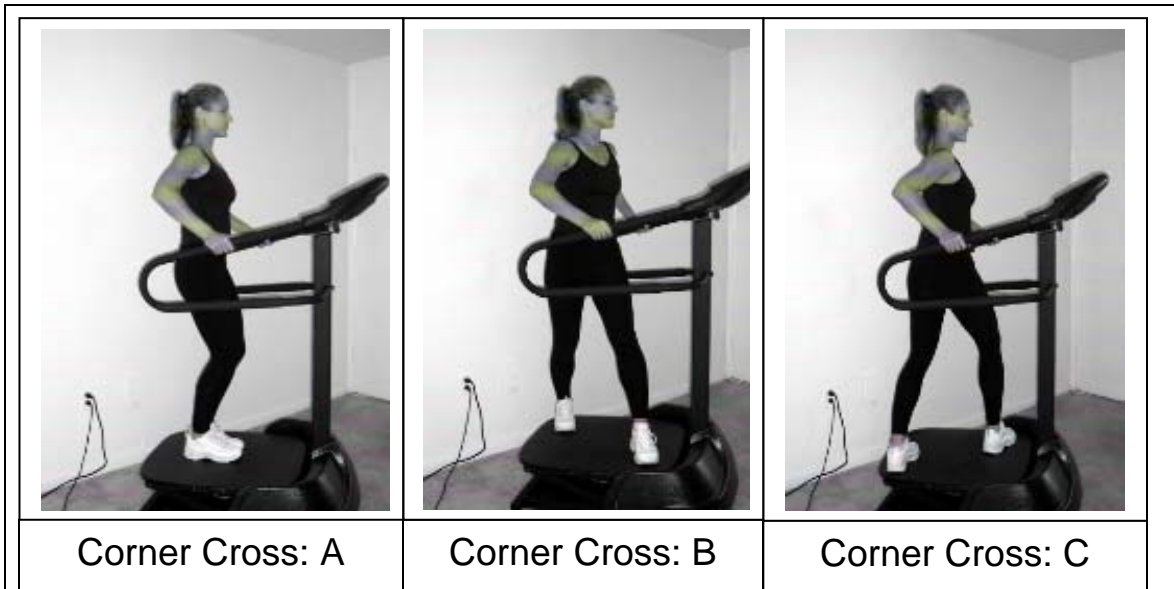
- ✓ Think of pressing away from the handlebars (continuing to keep a strong grip) with chest and arms.
- ✓ Work on building speed for a more intense cardio workout, OR
- ✓ Increase intensity by holding the jump position at the top, focusing on building upper body strength and endurance.

Muscles Targeted:

The muscles of the upper body are the primary movers in this exercise while the lower body works to assist during this exercise.

Function of Movement/Benefits:

This movement develops upper body power, strength and endurance.



CORNER CROSS JUMPS

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (photo A).
2. Push off the platform, and jump left foot to the right front corner while right foot comes to the back right corner, of the platform, allowing lower body to twist (photo B).
3. Jump feet back together in the center, untwisting (photo A).
4. Reverse and jump right foot to left front corner, left foot comes to the back left corner, of the platform, allowing lower body to twist (photo C).
5. Jump feet back together in the center, untwisting (as shown in photo A).
6. Repeat.

Points to Remember

- ✓ Keep abdominals drawn in to maximize the effectiveness of this move.
- ✓ Work on building speed to focus on agility and coordination.

Muscles Targeted:

This exercise targets the lower body in addition to the abdominals and the obliques.

Function of Movement/Benefits:

This twisting movement helps build torso strength which can assist in the prevention of back injuries. The cross jump also helps to develop coordination and agility.



Running Pattern: A

Running Pattern: B

RUNNING PATTERN I

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (as shown in photo B).
2. Jump out R foot to R side of the platform, then jump left foot out to left side of the platform (photo A); feet follow the rhythm (out, out).
3. Jump right foot, then left, back to the center of the platform (in, in).
4. Repeat.

Points to Remember

- ✓ For more intensity, jump both feet out to the side at the same time.
- ✓ Work on building speed of the pattern to focus on agility and coordination.

Muscles Targeted:

This exercise targets the lower body, specifically the stabilization muscles found in the inner and outer thighs.

Function of Movement/Benefits:

This foot pattern helps develop coordination specific to the lateral plane of motion and helps develop those muscles we need for balance, especially for injury prevention.



RUNNING PATTERN II

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (not shown).
2. Jump out R foot to the front of the platform, then jump left foot to the front of the platform.
3. Jump R foot, then L foot, to the back of the platform.
4. Feet follow the rhythm (front, front, back, back).
5. Repeat.

Points to Remember

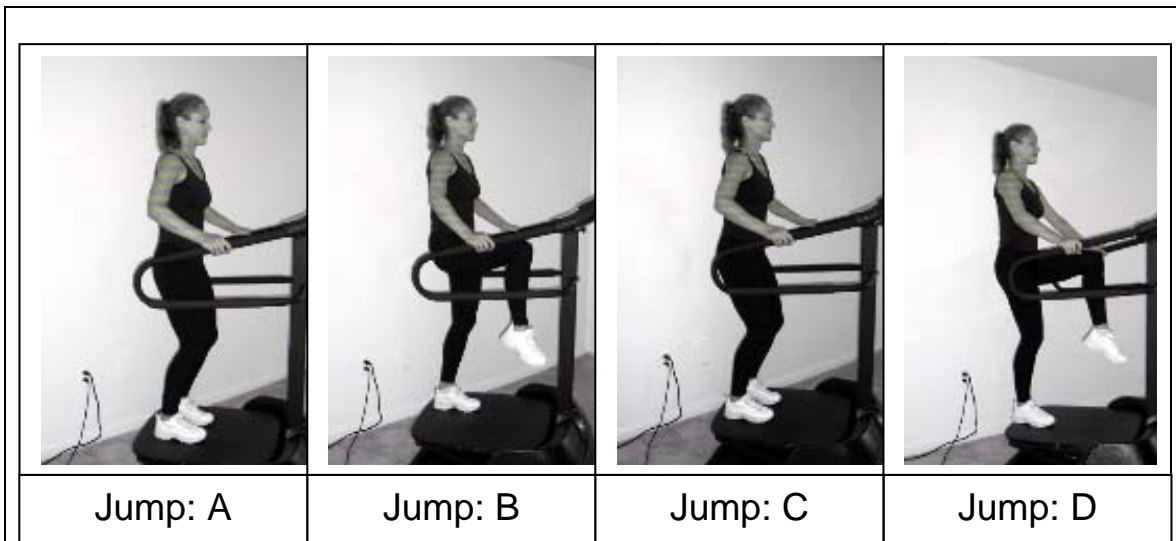
- ✓ For more intensity, jump both feet forward and back at the same time.
- ✓ Work on building speed of the pattern to focus on agility and coordination.

Muscles Targeted:

This exercise targets the lower body, specifically the stabilization muscles found in the inner and outer thighs.

Function of Movement/Benefits:

This foot pattern helps develop coordination specific to forward and backwards motion as well as helping to develop those muscles we need for balance, especially under stress.



'PATTY CAKE' JUMPS (FRONT)

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (photo A).
2. Jump onto the left leg and bring right knee up (photo B).
3. Jump feet back together (photo C).
4. Jump onto the right leg and bring left knee up (photo D).
5. Repeat.

Points to Remember

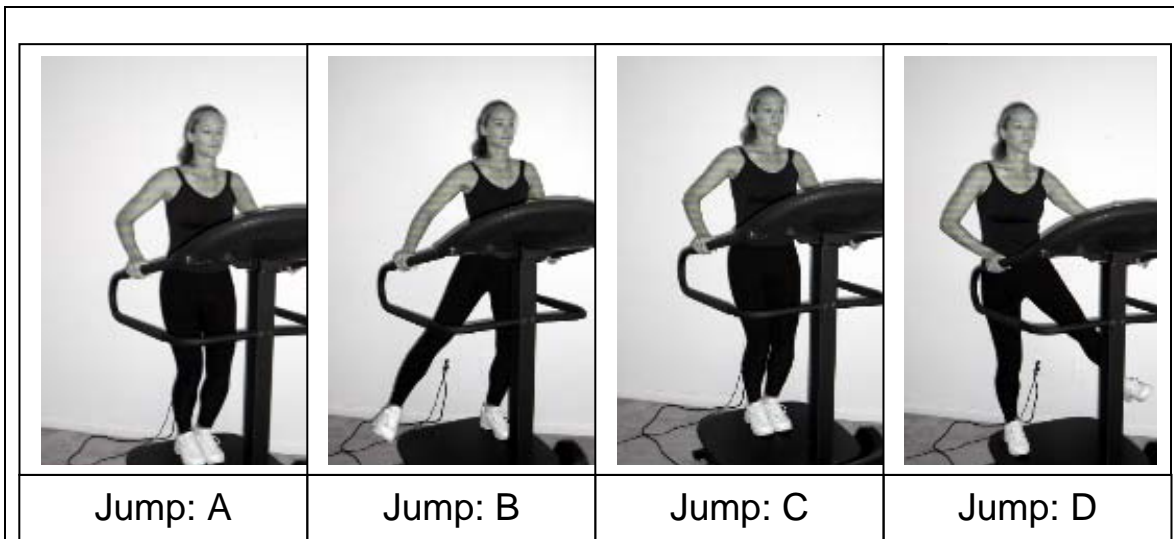
- ✓ This exercise has a rhythm to it (just like when doing 'patty cake' claps-).
- ✓ Work on building speed of the pattern to increase intensity.

Muscles Targeted:

This exercise targets the lower body, and works on the deceleration portion (landing) of jumping.

Function of Movement/Benefits:

This movement helps develop those muscles responsible for absorbing stress to the lower body in order to protect the lower body joints.



'PATTY CAKE' JUMPS (LATERAL)

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (photo A).
2. Jump sideways onto the left leg while extending the right leg out to the side (photo B).
3. Jump feet back together, in the center of the platform (photo C).
4. Jump onto the right leg and extend the left leg out to the side (photo D).
5. Jump feet back together, in the center of the platform (photo C).

Points to Remember

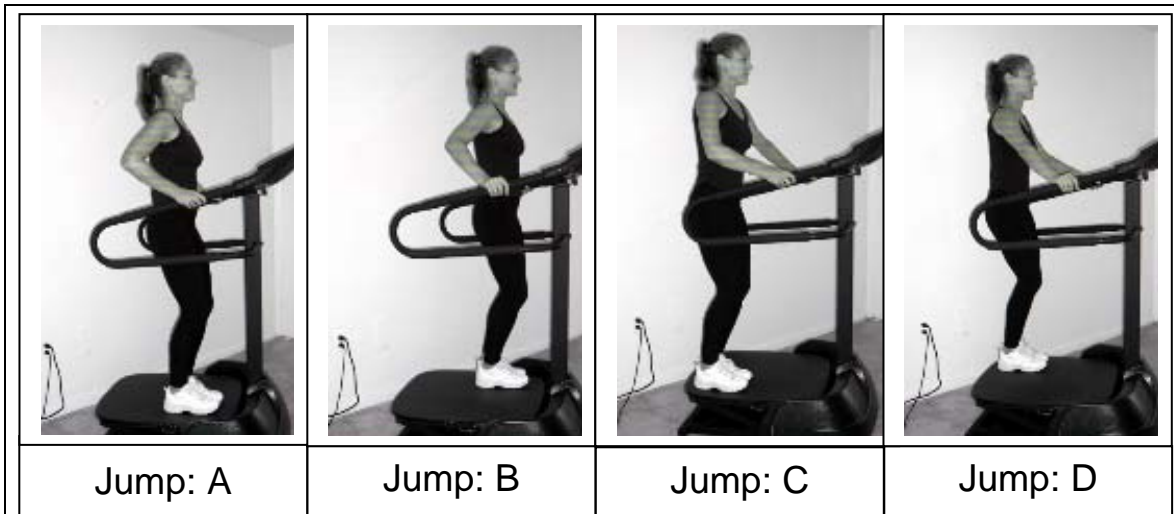
- ✓ This exercise has a rhythm to it (just like when doing 'patty cake' claps-). Accentuate the down and out ('side') on the jumping.
- ✓ Work on building speed of the pattern to increase intensity.

Muscles Targeted:

This exercise targets the lower body, and works on the deceleration portion (landing) of jumping within the lateral plane of motion.

Function of Movement/Benefits:

This movement helps develop those muscles responsible for absorbing stress to the lower body in order to protect the lower body joints. It also helps develop power in the muscles we use for activities such as skating.



QUAD-DIRECTIONAL JUMPS

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand in the center of the platform, with feet together, grasping the handlebars, bend knees (not shown).
2. Jump (keeping feet together) diagonally to the upper right corner of the platform (photo A).
3. Jump sideways to the upper left corner of the platform (photo B).
4. Jump diagonally back to the right back corner of the platform (photo C).
5. Jump sideways to the left back corner of the platform (photo D).
6. Reverse (jump back to center, start with a jump to the upper left corner and reverse box pattern).

Points to Remember

- ✓ The jumps make the shape of a box – moving from right corner, ending with back left corner.
- ✓ Work on building speed of the pattern without losing accuracy to increase intensity.

Muscles Targeted:

This exercise targets the lower body and those muscles responsible for helping us change direction quickly without losing balance.

Function of Movement/Benefits:

This exercise works on developing speed, agility and coordination in several planes of motion.



Lateral Jump: A



Lateral Jump: B

LATERAL 1-LEG JUMP OFF

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Stand on the floor, at the back of the machine, facing the right side. Place left foot up on platform (photo A).
2. Bend both knees and sit back into hips (photo A).
3. Jump straight up, pushing off of left and right leg together (photo B).
4. Land with both knees bent, in a semi-squat (as shown in photo A).
5. Repeat.
6. Reverse.

Points to Remember

- ✓ Be sure to do an even number of jumps on both sides.
- ✓ Try for height on this jump to get the most out of the movement.
- ✓ Push a little harder with the leg that is on the platform.
- ✓ Make this move more advanced by switching sides between every jump (jump up facing right, land facing left, with right foot on platform).

Muscles Targeted:

This exercise targets the lower body and those muscles responsible for generating power.

Function of Movement/Benefits:

This exercise works on building power and stabilization in the legs, and emphasizes one side which is important to develop evenly strong muscles.



Side Shuffle: A



Side Shuffle: B

SIDE SHUFFLE

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Begin standing on the balls of the feet, with feet hip width apart, with most of body weight into right leg, grasping handlebars (photo A).
2. Do a small jump to push body weight to left side, right toe taps out slightly (photo B).
3. Repeat, shuffling from side to side, from right to left.

Points to Remember

- ✓ The shuffle movement is down into the platform; don't go for height on this jump.
- ✓ Work on building up speed for more intensity.

Muscles Targeted:

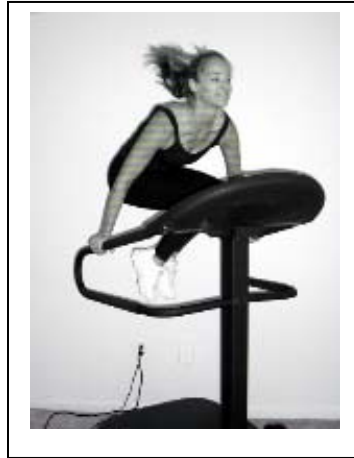
This exercise targets the lower body and those muscles responsible for side to side movement.

Function of Movement/Benefits:

This exercise works on building coordination and helps the body's ability to move side to side rapidly without losing balance.



Skier Knee Lift: A



Skier Knee Lift: B

SKIER KNEE LIFT

Equipment Set Up:

Beginner: Start with a resistance level of 1-3 on machine

Intermediate: Start with a resistance level of 4-6

Advanced: Resistance 6 or higher

How To/Movement Description:

1. Begin standing in the center of the platform, grasping handlebars (not shown).
2. Bend knees and push off using legs and arms to gain height.
3. Lift and twist knees to the right while in the air (photo A).
4. Land back in the center platform, with bent knees (not shown).
5. Repeat jump, lifting and twisting knees to the left on the jump (photo B).
6. Reverse and repeat.

Points to Remember

- ✓ This is an advanced movement, so work your way up to it.
- ✓ Go for height on the jumps but also emphasize the twisting of the lower body.

Muscles Targeted:

This exercise targets the upper and lower body and the muscles of the core (stomach and lower back).

Function of Movement/Benefits:

This exercise helps strengthen the body's ability to twist while performing powerful movements that can cause back injuries when weak. This is a great movement for skiers.