

Rebound Box Jump

DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU SHOULD
NOT DO

Box jumps are a great exercise for developing explosive power, coordination, and reaction time. However, this exercise exerts a huge amount of sudden impact on the 'jump down' stage, and is notorious for severely damaging the Achilles tendon and possibly damaging the knee especially if you land improperly. The risk of injury is so high that this exercise simply isn't worth it in my eyes unless you are a highly competitive athlete that does a lot of jumping.

Try instead the step down box jump. The majority of the benefits are gained from the explosive jump, so after that you can simply step down and repeat, minimizing the impact on your Achilles and knees.



X



Yes