CALF REHAB – JUMPS

2x Hop & Stick

3x Hop & Stick

Backwards Pogos

Bound & Stick

Continuous Hops Forward

Continuous Hops Medial

Forward Pogos

Hop + Stick

Lateral Line Jumps

Lateral Pogos

Line Jumps

Scissor Pogos – Forward

Scissor Pogos – Vertical

Vertical Pogos – Controlled

Vertical Pogos – Height