

Lateral Power Progression

Step-By-Step

The main goal of this progression is to **improve your Lower body's ability to push horizontally** (Lateral Power) and cause a positive effect on your Change of Direction and Agility.

You will Need:

- Floor Space
- Resistance Band (1inch width or less)
- Partner or Stable Anchor
- Shoes with good grip

Video Walkthrough: [Click Here](#)

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Mobility

Exercise	Description	Reps	
Hip 90-90	<p>Level 1</p>	<p>Sit on the floor with your knees bent and feet spread like a “V” shape. Rest your hands on the ground behind you for stability. This position will be called “Neutral.”</p> <p>Keeping your “bottom” on the floor and your heels on the ground, drop your left and right knees to your left until they touch the ground (or get as close as possible). Return to Neutral. In the same way, drop both knees to your right until they touch the ground (or get as close as possible). Return to Neutral. <u>Both sides</u> count as one (1) rep.</p>	10
	<p>Level 2</p>	<p>Sit on the floor with your knees bent and feet spread like a “V” shape. Keep your hands off of the ground to challenge your core and hip flexor strength. This position will be called “Neutral.”</p> <p>Keeping your “bottom” on the floor and your heels on the ground, drop your left and right knees to your left until they touch the ground (or get as close as possible). Return to Neutral. In the same way, drop both knees to your right until they touch the ground (or get as close as possible). Return to Neutral. <u>Both sides</u> count as one (1) rep.</p>	10

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Power Level 1

Exercise	Description	Sets	Reps
Banded Single Leg Lateral Jump	<p>Stand with your feet shoulder width apart and knees slightly bent. Put the Resistance Band around your waist. Have your partner stand to your <i>Left</i> firmly holding the other end of the band with medium tension. This will be considered the “Starting Position.”</p> <p>Keeping your hips low and knees bent, lift your right leg (and hold). Using your left leg, jump as far as possible to your right and land on both feet. Have your partner move closer to reset to the Starting Position. Repeat the jump two more times with the left leg.</p> <p>Have your partner move to your <i>Right</i> firmly holding the band with medium tension. In the same way as before, lift your left leg off of the ground. With your right leg, jump as far to the left as possible and land on two feet. Have your partner move closer to reset to the (Right side) Starting Position. Repeat the jump two more times with the right leg.</p> <p>Three jumps with the both the left and right leg counts as one (1) set.</p>	2	3

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Power Level 2

Exercise	Description	Sets	Reps
<p>Band Resisted Shuffle</p>	<p>Stand with your feet shoulder width apart and knees slightly bent. Put the Resistance Band around your waist. Have your partner stand to your <i>Left</i> firmly holding the other end of the band with medium tension. This will be considered the “Starting Position.”</p> <p>Keeping your hips low and knees bent, lift your right leg (and hold). Using your left leg, jump to your right and <u>land on your right foot</u>. Immediately lift your right foot and place your left foot onto the ground. Using your left leg (again), immediately jump as far to your right as possible and <u>land on both feet</u>. Have your partner move closer to reset to the Starting Position. Repeat the drill two more times in the same direction. <i>Simple Version: Left, Right, Left, Both.</i></p> <p>Have your partner move to your <i>Right</i> firmly holding the band with medium tension. In the same way as before, lift your left leg off of the ground. Using your right leg, jump to your left and land on your left foot. Immediately lift your left foot and place your right foot onto the ground. Using your right leg (again), immediately jump as far to your left as possible and land on both feet. Have your partner move closer to reset to the (Right side) Starting Position. Repeat the drill two more times with the right leg. <i>Simple Version: Right, Left, Right, Both.</i></p> <p>Three reps with the both the left and right legs counts as one (1) set.</p>	<p>2</p>	<p>3</p>

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Power Level 3

Exercise	Description	Sets	Reps
Band Assisted Shuffle	<p>Stand with your feet shoulder width apart and knees slightly bent. Put the Resistance Band around your waist. Have your partner stand to your <i>Right</i> firmly holding the other end of the band with light to medium tension. This will be considered the “Starting Position.”</p> <p>Keeping your hips low and knees bent, lift your right leg (and hold). Using your left leg, jump to your right and <u>land on your right foot</u>. Immediately lift your right foot and place your left foot onto the ground. Using your left leg (again), immediately jump as far to your right as possible and <u>land on both feet</u>. Have your partner move <i>further</i> to reset to the Starting Position. Repeat the drill two more times in the same direction. <i>Simple Version: Left, Right, Left, Both.</i></p> <p>Have your partner move to your <i>Left</i> firmly holding the band with light to medium tension. In the same way as before, lift your left leg off of the ground. Using your right leg, jump to your left and land on your left foot. Immediately lift your left foot and place your right foot onto the ground. Using your right leg (again), immediately jump as far to your left as possible and land on both feet. Have your partner move <i>further</i> to reset to the (Left side) Starting Position. Repeat the drill two more times with the right leg. <i>Simple Version: Right, Left, Right, Both.</i></p> <p>Three reps with the both the left and right legs counts as one (1) set.</p>	2	3

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Power Level 4

Exercise	Description	Sets	Reps
<p>Bodyweight Shuffle</p>	<p>Stand with your feet shoulder width apart and knees slightly bent. This will be considered the “Starting Position.”</p> <p>Keeping your hips low and knees bent, lift your right leg (and hold). Using your left leg, jump to your right and <u>land on your right foot</u>. Immediately lift your right foot and place your left foot onto the ground. Using your left leg (again), immediately jump as far to your right as possible and <u>land on both feet</u>. Repeat the drill two more times in the same direction. <i>Simple Version: Left, Right, Left, Both.</i></p> <p>In the same way as before, lift your left leg off of the ground. Using your right leg, jump to your left and land on your left foot. Immediately lift your left foot and place your right foot onto the ground. Using your right leg (again), immediately jump as far to your left as possible and land on both feet. Repeat the drill two more times with the right leg. <i>Simple Version: Right, Left, Right, Both.</i></p> <p>Three reps with the both the left and right legs counts as one (1) set.</p>	<p>2</p>	<p>3</p>

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Power Level 5

Exercise	Description	Sets	Reps
Bodyweight Lateral Jump and Return	<p>Stand with your feet shoulder width apart and knees slightly bent. This will be considered the “Starting Position.”</p> <p>Keep your hips low and knees bent. Use your <i>Left</i> leg to jump to your right and <u>land on your right foot</u>. Immediately jump as far to your left as possible and <u>land on both feet</u>. Repeat the drill two more times in the same direction. <i>Simple Version: Left, Right, Left, Both.</i></p> <p>In the same way as before, use your <i>Right</i> leg to jump to your left and <u>land on your left foot</u>. Immediately jump as far to your right as possible and <u>land on both feet</u>. Repeat the drill two more times in the same direction.</p> <p>Three reps with the both the left and right legs counts as one (1) set.</p>	2	3

Medical Disclaimer

1. If you have a pre-existing medical condition, consult a doctor before engaging in any exercise program.
2. You understand that engaging in any exercise program may lead to injury such as, but not limited to, muscle or tendon strains, joint or ligament sprains, muscle cramps, etc.
3. By voluntarily participating in the Lateral Power Progression, you expressly accept and assume all risks inherent to the activities. In addition, if at any time you believe that event conditions are unsafe or that you are unable to participate due to physical or medical conditions, then you will immediately discontinue participation.