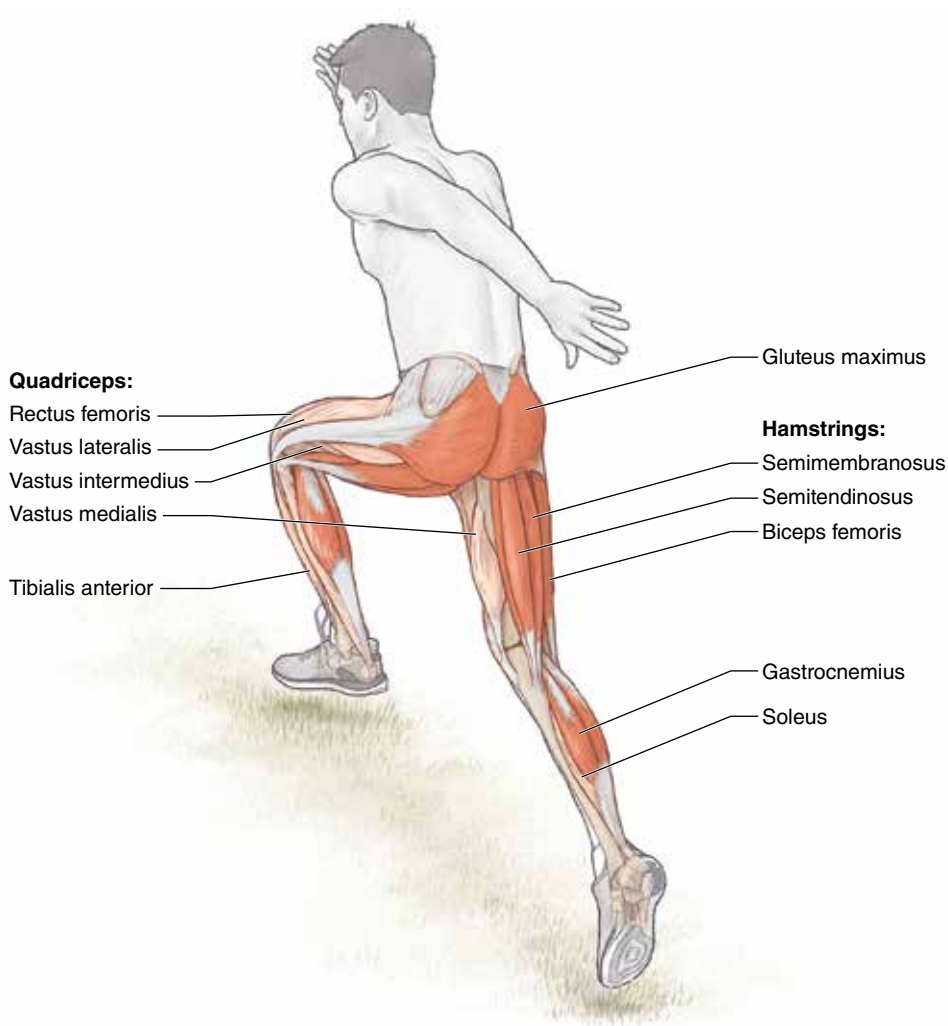


UPHILL BOUND



Execution

1. Stand with feet hip-width apart at the bottom of a gradual hill or incline. Initiate first bound by driving the knee of the lead leg forward to accelerate up the hill. The opposite arm sweeps forward to match the range of the lead leg.
2. Quickly draw the lead leg back toward the ground with the foot dorsiflexed to prepare for a dynamic landing a few inches in front of the body.
3. Aim for a midfoot ground contact and drive the body forward with a powerful hip extension motion.

4. Quickly drive the knee of the free leg forward to initiate the second bound and continue with this cyclical bounding movement uphill for 20 to 30 meters.

Muscles Involved

Primary: Gluteus maximus, gastrocnemius, hamstrings (biceps femoris, semitendinosus, semimembranosus).

Secondary: Quadriceps (rectus femoris, vastus lateralis, vastus intermedius, vastus medialis), soleus, tibialis anterior.

Exercise Notes

Bounding uphill is a useful means of teaching bounding and enhances hip extension during bounding, jumping, and sprinting. Uphill bounding is also less stressful on the body than similar bounds on flat ground. The landing forces are reduced in an uphill scenario and provide an easier condition under which to learn the skill of bounding. It is important to select an uphill surface that is not slick or uneven, minimizing the chance of slipping while executing the bounding steps.

VARIATION

Lateral Uphill Bound

You can perform uphill bounds with a slight side-to-side motion to add a lateral dimension to the exercise. The combination of powering up the hill and introducing a lateral push can simulate the acceleration requirements for ice hockey and speed skating as well as agility movements in field sports.