



EXERCISE: **STARTS & TURNS (PLYOMETRIC LEG PUSH-OFF)**  
MACHINE: VASA TRAINER - foot platform (accessory)  
OUTCOME: Strength, Explosive Power, Rehabilitation

## DIRECTIONS

- Straddle the bench and sit with your hips at the end of the bench. Place hands on sides of bench for stability (DO NOT place hands on ends of bench).
- Place feet shoulder width apart on the foot platform. Lie back on the bench, tuck your chin into your chest and push your lower back into the bench. Bend legs at the knees to 90 degrees.
- Push forcefully off the foot platform. Keep your eyes on your feet and your chin tucked to your chest.
- Extend your legs and point your toes, keeping your body streamlined.
- As your body returns to the start position, watch your feet return to the platform.
- Absorb the return with your legs, bending legs to 90 degrees and push off again.

✔ **DO:** Always hold sides of bench and watch your feet return and touch the platform.

✘ **DON'T:** Do not return to the platform with straight legs. Always bend at the knees to absorb the return force.

▲ **VARIATION:** Alternate legs or do one leg at a time.

