# **SUPPLEMENTARY MATERIAL**



# **Movie 1**

Jump by *Phytocoris varipes* viewed from the side, captured at 5000 frames s<sup>-1</sup> and with an exposure time of 0.1 ms and replayed at 10 frames s<sup>-1</sup>. See also Fig. 2.



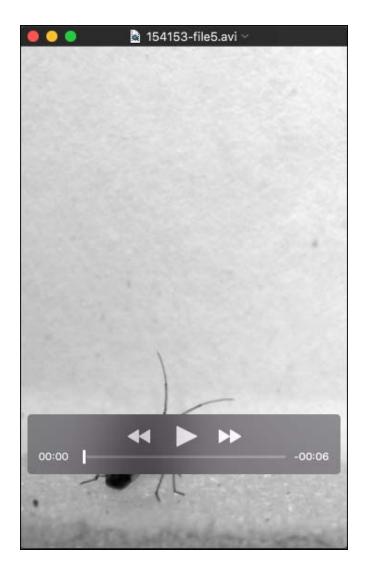
Jump by *Phytocoris varipes* viewed from underneath, captured at 5000 frames  $s^{-1}$  and with an exposure time of 0.1 ms and replayed at 10 frames  $s^{-1}$ . See also Fig. 3.



Jump by *Microtechnites bractatus* viewed from the side, captured at 1000 frames s<sup>-1</sup> and with an exposure time of 0.2 ms and replayed at 10 frames s<sup>-1</sup>. See also Fig. 5.



Jump by *Orthocephalus saltator* viewed from behind, captured at 1000 frames s<sup>-1</sup> and with an exposure time of 0.2 ms and replayed at 10 frames s<sup>-1</sup>. See also Fig. 7.



Jump by *Plagiognathus* sp. viewed from behind, captured at 1000 frames s<sup>-1</sup> and with an exposure time of 0.2 ms and replayed at 10 frames s<sup>-1</sup>. See also Fig. 9.