

VERTICAL JUMP PROGRAM

BEYOND THE RIM²

BY NATHANAEL MORTON



**WEIGHT
TRAINING
EDITION**

**YOUR 22-WEEK GUIDE TO BUILDING STRENGTH,
POWER, SPEED AND EXPLOSIVENESS**

VERTICAL JUMP TRAINING PROGRAM

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VERTICAL JUMP TRAINING PROGRAM

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INJURY DISCLAIMER

It is recommended you undergo a complete physical examination by a qualified physician prior to the start of this program. You should inform the physician of the training protocol that you are about to begin, and ask to be released to participate in this and any other training that you may be doing.

Throughout this vertical jump training program, you will be performing a variety of exercises using free weights, body weight, resistance bands, and other miscellaneous equipment. Training intensity and difficulty will begin at a moderate to low level and increase to a higher level of intensity throughout the program.

If at any time during the program you begin to experience signs of excessive pain, fatigue, or dizziness, you should stop the training session immediately. It is important for you to know that you may stop the program or refuse to perform any of the suggested exercises at any time.

It is important to note the use of this program may increase the possibility of abnormal blood pressure, increased heart rate, dizziness, fainting, joint, bone, tendon, or ligament damage, and in rare cases, heart attack, stroke, or death.

The author of this manual, the contributors, and the distributors of this program accept no responsibility for any injury, damage, or death due to training with this protocol. If any questions remain, please contact a qualified expert prior to the start of this vertical jump training program.

QUICK START GUIDE

In order to get maximum results from this program, you should read, study, and take notes on the entire book. However, I understand that many of you are very eager to increase your vertical jump right away, and would rather start the program NOW instead of waiting until after you have read this book in its entirety.

Because of this, and because I am a huge believer in TAKING ACTION immediately, here are a few action steps for you to take. You can read the book after you do the first workout ([THE ACTUAL PROGRAM STARTS ON PAGE 48 - CLICK HERE TO SCROLL DOWN TO THE FIRST WORKOUT](#))

1 This program is a WEIGHT TRAINING Vertical Jump Program. There are alternatives for every single exercise in the program, however it is best if you have the following equipment:

- Squat Rack with Barbell & Weight Plates
- Dumbbells
- Exercise Bike
- Treadmill
- Basketball Hoop
- Hyperextension Machine
- Cable Machine
- Sled
- Jump Rope
- Boxes of Various Heights
- 2 Resistance Bands & 1 Mini Band
- Hex Bar or Trap Bar

*Once again, there are alternatives for every exercise if you don't have any certain piece of equipment on this list. If the piece of equipment you don't have is small like a jump rope or mini band, I suggest you purchase one. If it's a treadmill, bike, or hoop, just do the alternative exercise that is given.

2 Print out this e-book. Go to a library, school, or somewhere with a printer. Print the program, use a 3-hole punch, and put it in a 3-ring binder (**or just keep it in your email and view it on your phone each time you do a workout**).

3 Film a video of your current dunk results and send it to my Instagram [@nathanaelmortonn](#) - Then record a video at the end of the program to see the progress that you've made!

4 Go to page 48 and start the first workout!

5 After you have decided when you will do the first workout, move to the next page (page 5) and read the full list of action steps!

FULL LIST OF ACTION STEPS

Within this program there are action steps for you to take. Remember, life doesn't change by dreaming about what you want. Life changes by doing the things that will get you there. These action steps are what you need to do to maximize your results with this program.

- 1) Get a highlighter or a pen. While you read, highlight or underline the information that you think is most important. To really increase learning, take notes and write down the important points within this book. It will serve you in the long run.
- 2) Track the amount of weight that you use. As you progress through the workouts, try to increase the weight by a small amount to progressive overload your muscles and force them to grow and get stronger.
- 3) Send your before and after progress videos to my Instagram [@nathanaelmorton](https://www.instagram.com/nathanaelmorton)
- 4) Get a gallon jug of water from a supermarket (or another large water bottle). Drink one gallon of water every day.
- 5) Stop using an alarm to wake up. Your body needs to wake up naturally. You're not supposed to sleep until the alarm goes off, you're supposed to sleep until the work is done in your brain and body. If needed, go to bed earlier.
- 6) Stop drinking caffeine after 12:00 noon. Drinking caffeine too close to bed hinders your sleep and sacrifices your gains.
- 7) Stop looking at screens (TV, Cell Phone, iPad, Computer, etc) 60 minutes before you go to sleep. Looking at screens directly effects your sleep quality which will directly effect the gains that you make. For example, if you go to sleep at 10pm, stop looking at all screens at 9pm.
- 8) Try to get as many of the required pieces of equipment as you can to complete this program. You don't NEED them all, but they REALLY help.

FULL LIST OF ACTION STEPS (CONTINUED)

9) Follow this jump program religiously. Do not skip days, exercises, sets, or reps. Everything in this program is on purpose and is included in this program for a reason.

With that said, EXTRA REST DAYS ARE HELPFUL. If you are sore or extremely tired, take a rest day instead of working out. This does not mean to skip the workout entirely. This means to take the day as a rest day, and then resume where you left off the day after.

The weekly training schedule looks like this:

Monday: Vertical Jump Workout

Tuesday: Mobility, Stability, Balance, Foot Strength, & Core

Wednesday: Vertical Jump Workout

Thursday: Mobility, Stability, Balance, Foot Strength, & Core

Friday: Vertical Jump Workout

Saturday: Mobility, Stability, Balance, Foot Strength, & Core

Sunday: Rest Day

*This is an example of what a weekly training schedule would look like. You can start the program on any day that you want as long as you are following each day of the program in order.

Take action NOW.

Remember - thinking, dreaming, hoping, wishing, and waiting will not get you results. Action is the only thing that brings results.

ACTION IS EVERYTHING

FULL LIST OF ACTION STEPS (CONTINUED)

- 10) Write down the number one goal that you want to achieve by the end of this program.
(If you are viewing this on your phone, use a notebook or a sheet of paper)

My number one goal for this program is:

- 11) Write down three actions that you will take DAILY to achieve your number one goal.

Three actions that I will take daily to achieve this goal:

- 12) Go to Page 31 of the program. Choose at least one book, get it, and start reading it immediately. Create the habit of reading at least 30 minutes per day. It will change your life.

If I were you, I would start with this book: <https://amzn.to/2EkesOj>

- 13) Type into YouTube, "[How Bad Do You Want It by Eric Thomas](#)" or click the link here. Watch the video.

- 14) On a sheet of paper, write these words an inch high: "**A Quitter Never Wins, A Winner Never Quits.**" Tape it to your wall so that you see it every single day.

The program officially begins after this page. Read, enjoy, and take action on what you learn. Apply it to your life and watch the results pour in.

Cheers to excellence.

INTRODUCTION

HELLO & WELCOME

Congratulations! If you are reading this, that means that you have **TAKEN ACTION** and have received this vertical jump training program with the hopes of jumping higher. You have already separated yourself from the vast majority of individuals who cannot get themselves to make a decision and take action. However, just because you now have this vertical jump training program **DOES NOT** mean that you will jump higher. Let me say that again: Just because you now have this program **DOES NOT** mean that you will jump higher. The only way that you are going to increase your vertical jump and jump higher is if you **ACTUALLY DO THE WORK**. There are no shortcuts in life. In order to become the best, you must put in the work. In order to become unstoppable, you must put in the work.

IF YOU ARE WILLING TO PUT IN THE EFFORT, THE RESULTS **WILL** COME.

Great! Here are a few things that I want you to know and do before starting:

1 I understand that this Vertical Jump Training Program is very detailed and has TONS of information packed into it. If at any time you have any questions at all, you can direct message me on Instagram. One simple trick to get me to respond faster is to comment on my most recent post and say “Check your DM”.

FEEL FREE TO CLICK THESE LINKS
AND FOLLOW ME ON YOUTUBE,
FACEBOOK, TWITTER, AND
INSTAGRAM

YOUTUBE: WWW.YOUTUBE.COM/NATHANAELMORTON
FACEBOOK: WWW.FACEBOOK.COM/NATHANAELMORTONMOTIVATION
TWITTER: WWW.TWITTER.COM/MORTONSUCCESS
INSTAGRAM: WWW.INSTAGRAM.COM/NATHANAELMORTONN

2 This is more than a Vertical Jump Training Program. Yes, this program will **DRASTICALLY** increase your vertical jump. However, I am the type of individual that likes to over-deliver on a promise. Along with giving you the blueprint for a higher vertical jump, I would like to also give you tips and strategies on how you can improve your life overall and become the greatest version of yourself. You don't have to listen to me (as this is a vertical jump program, not a self-help book), however the tips and strategies that I give you have dramatically changed my life, and I am sure they can do the same for you.

3 After a short period of time, you will notice an increase in your vertical jump. Depending on how tall you are/what your vertical jump is now, you may even start dunking. **THE BIGGEST MISTAKE** that people make with this program is stopping the workouts as soon as they start jumping higher or dunking a basketball. I will repeat this. **THE BIGGEST MISTAKE** that people make with this program is that they **STOP THE WORKOUTS** as soon as they start jumping higher or dunking a basketball.

If you stop the workouts, your vertical jump will go **DOWN** and is likely to return to where it was prior to starting the program. Please, please, please understand this. This is an ongoing program and a **HUGE** commitment to your excellence. In order for you to realize your full potential and jump as high as you possibly can, you must continue the workouts for as long as you desire to jump higher. That means that when you finish this program, you should start it over or begin my 'Beyond The Rim 3' jump program next.

4 **"ACTION IS EVERYTHING."** If you haven't heard me say that before, trust me you will hear it over and over again in this program. One huge misconception that is overused in society nowadays is the phrase, "knowledge is power". This statement is only half true. Knowledge alone will get you nowhere. The other half of the equation is **ACTION**. Knowledge is only potential power and only becomes power when you take action on what you know. Just because you read this program and **KNOW** how to increase your vertical jump doesn't mean that you'll do it. The moment that you actually **TAKE ACTION** is the moment that your life changes.

"THE ONLY WAY THAT YOU 'KNOW' SOMETHING IS TO TAKE WHAT YOU KNOW AND CREATE A RESULT FROM IT."

CHAPTER ONE

THE TWO MAIN COMPONENTS OF THIS PROGRAM

Throughout this Vertical Jump Training Program, we will cover two main components:

1) HEALTH, FITNESS, & NUTRITION

2) MINDSET

Within the Health, Fitness, and Nutrition portion of this program I will teach you the principles in each area that you must follow to optimally increase your vertical jump.

Within the Mindset portion of this program, I will give you some information on how to continually develop your mind every day. “Train your mind and your body will follow”. The secret to success is working on and improving yourself every single day. You must commit to constant and never-ending improvement within two major areas: Your Mind and Your Body.

Throughout this entire program, I will do my very best to inspire and empower you to become the greatest version of yourself. I know what you are capable of achieving whatever you want in this life, and I will constantly challenge you to perform at the highest level possible. It’s time that we all stop settling for less and commit ourselves to greatness.

Alright! Now that we understand the two major components of this program, lets dive a little deeper into each component.

ACTION STEP:

Get a highlighter or a pen. While you read, highlight or underline the information that you think is most important. To really increase learning, take notes and write down the important points within this book. It will serve you in the long run.

HEALTH, FITNESS, AND NUTRITION

HOW TO MAXIMIZE YOUR VERTICAL JUMP

HEALTH

HEALTH PRINCIPLE I: DRINK LOTS OF WATER

It is said that you should drink half of your body weight in ounces of water each day. This means that if you weigh 200 pounds, you should be drinking 100 ounces of water every single day. For myself, I weigh right around 200 pounds. I make it simple and drink one gallon of water (128oz) every single day. If you want, carry around a gallon jug like I do. If not, just get a water bottle and fill it over and over throughout the day. Either way, make sure that you drink half of your body weight in ounces every single day.

ACTION STEP:

Get a gallon jug, a water bottle, or something that gets the job done.

ACTION STEP: DO THE MATH

How much do you weigh? _____

How many ounces should you drink per day? _____ (Half of your body weight) (Your weight divided by two).

How many ounces is your water bottle? _____

How many of those water bottles do you need to drink per day to reach your daily goal of half of your body weight in ounces? _____

[FOR MORE INFORMATION ON
HOW MUCH WATER TO DRINK,
CLICK HERE](#)

HEALTH PRINCIPLE 2: GET ENOUGH SLEEP

When it comes to sleep, there are endless recommendations as to what “enough” sleep actually is. That subject is so complex that it would take me another 50 pages to explain. The easy answer is that the amount of sleep that you need each night is different for everyone. No two people are going to need exactly the same amount of sleep to function as effectively as possible. What I will say though, is that you are going to need **MORE SLEEP** while doing this vertical jump training manual than you did before you started it. The optimal thing that you can do is sleep until your body naturally wakes up on its own.

HERE IS WHAT YOU SHOULD DO:

1 If you don't have any prior obligations (job, work, school, etc.), then you should allow yourself to sleep as many hours as needed until you wake up naturally. Turn your alarm clock off and sleep until your body is ready to wake up. Open the blinds to your window so the morning light can come in and wake you up.

2 If you do have prior obligations, you may need to go to bed earlier so that you can wake up naturally without an alarm. For example, people give me “kudos” because they know that I wake up at 4:00am to start my day. What they need to know though, is that on a normal night I am in bed by 9:00pm. The lesson here? Prioritize sleep. Go to bed at whatever time is necessary for your body to fully recover. Maximum results come from waking up naturally. You don't sleep until the alarm goes off, you sleep until the work is done in your brain and body.

[FOR MORE INFORMATION ON IMPROVING YOUR SLEEP, CHECK OUT MY YOUTUBE VIDEO TITLED 'HOW MUCH SLEEP DO ATHLETES NEED EACH NIGHT?'](#)

[CLICK HERE TO WATCH THE VIDEO](#)

ON WEEKDAYS I AM IN BED BY 9:00PM, BUT ON WEEKENDS I GO TO BED AT WHATEVER TIME I WANT. EITHER WAY, I MAKE SURE TO WAKE UP NATURALLY WITHOUT AN ALARM CLOCK EVERY SINGLE MORNING.

TRY TO AVOID CAFFEINE AFTER MID-DAY. CAFFEINE HAS A HALF-LIFE OF ABOUT 6 HOURS, MEANING THAT IF YOU DRINK 100MG OF CAFFEINE AT 3:00PM, 50MG IS STILL FUNCTIONING IN YOUR SYSTEM AT 9:00PM, WHICH WILL HINDER YOUR SLEEP.

STOP LOOKING AT YOUR PHONE OR ANY “SCREENS” AN HOUR BEFORE BED. THIS ALSO NEGATIVELY AFFECTS YOUR SLEEP.

ACTION STEP:

Prioritize sleep. Choose a time to go to bed each night so that you ensure yourself to get quality sleep and wake up without an alarm. Also, [CLICK HERE](#) and watch my video on how much sleep athletes need per night.

FITNESS

When it comes to fitness, the main focus of this program is obviously the vertical jump training portion. However, there are a few fitness principles that I believe will help you to realize your full potential as an athlete. (Please keep in mind that I don't know your goals. I am assuming that you want to elevate your game/performance as an athlete, and these are the principles that I believe will help you get there as fast as possible).

FITNESS PRINCIPLE 1: GET STRONGER, FASTER, AND MORE EXPLOSIVE

Your main focus of this program should without a doubt be the vertical jump training. However, it is to the benefit of the athlete to become the strongest, and fastest, and most explosive version of themselves. For example, I was a good basketball player in high school. I was even better in college. But it wasn't until I started working out and training that I became the best basketball player that I had ever been.

In addition, make sure you do not neglect your upper body. I have various programs, various free workouts and videos on YouTube and Instagram that you can use to develop your upper body. Use them to your advantage and take your game to the next level.

ACTION STEP: Get the equipment needed to do these workouts.

ACTION STEP: Commit to watching YouTube videos or listening to podcasts on your sport for 30 minutes per day until you feel that you have adequate knowledge on the subject. (I recommend watching my own YouTube videos or those of PJF Performance)

You can find my YouTube channel by clicking here: WWW.YOUTUBE.COM/NATHANAELMORTON

FITNESS PRINCIPLE 2: RECOVERY IS KEY!

Without working out, your body has no reason to change. But without recovery, your body CANNOT grow bigger stronger, faster, and more explosive.

You need to WORKOUT. Then you need to RECOVER.

To recover from your workouts as much as possible, follow these steps:

STEP 1: Get enough sleep (sleep until you wake up naturally)

STEP 2: Tape your mouth shut at night. If this seems crazy to you, [watch this video](#).

STEP 3: Get enough water (drink half of your body weight in ounces)

STEP 4: Consume 1 gram of protein per pound of body weight

STEP 5: Consume complex carbohydrates (oats, rice, whole grain bread, whole grain pasta, quinoa, etc)

STEP 6: Consume healthy fats (almonds, peanutbutter, avacado, etc)

STEP 7: Be sure to eat enough of these foods to fuel your workouts and recovery

STEP 8: Don't drink caffeine just for the hell of it (caffeine sends your body into "fight or flight" mode - you cannot recover optimally in that state.

STEP 9: Don't skip the mobility on your 'Minor Workout Days'. These days promote blood flow, healing, and recovery.

STEP 10: Don't skip the 'Breathing and Visualization' at the end of each workout. Deep diaphragmatic nose breathing shifts your brain and body into the parasympathetic 'rest and digest' nervous system, which promotes recovery.

STEP 11: Rest. Rest is anything that is not working out. Reading, visualizing, watching basketball, spending time with family.. these are all forms of rest.

FITNESS PRINCIPLE 4: PROGRESSIVE OVERLOAD

Throughout this vertical jump training program, I have taken it upon myself to implement progressive overload within the program from week to week. What this means is that each workout will get a little bit harder (Which is perfectly fine because each week you will be getting stronger). Sometimes you'll do more reps, sometimes you'll do more sets, sometimes you'll do harder exercises.. but each week we will be doing more work.

Even so, I do allow you to choose the weight that you use for a lot of the exercises. You should start with light weights, but continue to progressive overload as you go through the program. This is how we force our body to adapt.

FITNESS PRINCIPLE 5: UNDERSTAND THE EQUATION FOR VERTICAL JUMP

One of the main goals of this vertical jump program is to improve your power. Power is a combination of strength and speed. How HARD and how FAST can you press into the ground to get an equal and opposite reaction into the air?

During this program, you will get stronger and you will get faster, therefore you will become more powerful and more explosive - therefore skyrocketing your vertical jump.

FORCE x VELOCITY = POWER

Vertical jump is nothing more than power output.
Power output is nothing more than force and velocity combined.

Force means strength.
Velocity means speed.

Get stronger and get faster, and you will increase your vertical jump.

There are plenty of other qualities and parameters that make a high vertical jump, but these two are the most important and the overarching characteristics of a high vertical. Everything else falls into the categories of force and velocity.

NUTRITION

**“EXERCISE IS KING, NUTRITION IS QUEEN.
PUT THEM TOGETHER AND YOU’VE GOT AN UNBELIEVABLE KINGDOM.”**

This holds extremely true for this vertical jump training program. In order to achieve maximum results and jump as high as you possibly can, you are going to need to follow a few simple principles when it comes to nutrition.

NUTRITION PRINCIPLE I: GET ENOUGH PROTEIN

When it comes to working out, getting enough protein in your diet is essential. As an athlete, there are two main reasons as to why you want to include an adequate amount of protein in your nutrition plan:

The first reason is for increasing strength and building muscle. Our goal is to become the strongest, fastest, and most explosive athlete that we can be. Protein is going to be **EXTREMELY** important in helping us build muscle and increase our strength as much possible.

The second reason that we want to include protein in our diet is for proper recovery from workouts. In order to optimally recover from our workouts, we need to be eating a diet that is adequate in protein.

Other than these two major benefits, protein also aids in increased energy levels, increased bone, tendon, and ligament health, stronger immune system, improved nervous system, and more. The main point, however, is that increased protein during this program will lead to an increased vertical jump.

So, how much protein do you need? This answer is similar to the answer for how much sleep you need per night. It depends. To make it simple and to avoid all of the confusion, I will give you an answer that will help you to build muscle, increase your strength, and increase your vertical jump. The answer is this: You should be eating between 0.8 and 1 gram of protein per pound of body weight.

This means that if you weigh 150 pounds, you should be eating 120-150 grams of protein per day. If you weigh 230 pounds, you should be eating 184-230 grams of protein per day.

Here are a few examples of **PROTEIN** sources that will help you reach your goals:

GRASS FED LEAN GROUND BEEF
GROUND TURKEY
FISH (SALMON, AND TILAPIA ARE MY FAVORITES)
COTTAGE CHEESE
GREEK YOGURT
CHICKEN
WHEY PROTEIN
CASEIN PROTEIN
EGGS

*These foods are absolutely **NOT** all of the protein sources that will move you towards your goals. There are plenty other wonderful protein sources that you can include in your nutrition plan. These are simply the staples that are most common among athletes.

(For more information on meals that you can eat to optimize your athletic performance, check out my 'Morty Meal Time' nutrition series here: [MORTY MEAL TIME SERIES](#))

Every gram of protein equals 4 calories. So a chicken breast with 30 grams of carbohydrates would have 120 calories from protein in that chicken breast.

ACTION STEP: Calculate how many grams of protein you need per day by taking your body weight and multiplying it by 0.8. Then multiply your body weight by 1. Consume that many grams of protein every single day (between those two numbers).

NUTRITION PRINCIPLE 2: GET ENOUGH OF THE RIGHT CARBOHYDRATES

Carbohydrates are your main source of energy from food. As an athlete, you are going to need more energy (and therefore more carbohydrates) than a normal person. However, you need the right kind of carbohydrates. Not all carbs are created equal. Gummy worms have carbohydrates. Does that mean that we should eat three bags a day? No.

To make this simple, I will give you a list of foods that you can eat to ensure that you are fueling your body with the best and most nutritious **CARBOHYDRATES:**

ALL VEGETABLES

ALL FRUITS

OATMEAL (ROLLED OATS – NOT THE INSTANT OATMEAL PACKETS)

SWEET POTATOES OR YAMS

BROWN RICE OR WILD RICE

WHITE RICE

BEANS (BUY IN BAGS, NOT IN CANS) (I LIKE BLACK BEANS THE BEST)

LENTILS

100% WHOLE GRAIN PASTA

100% WHOLE GRAIN BREAD

QUINOA

*These foods are absolutely NOT all of the carbohydrate sources that will move you towards your goals. There are plenty other wonderful carbohydrate sources that you can include. These are simply the staples that are most common among athletes.

Also, remember that eating TOO MANY carbohydrates, and too many calories in general (AKA - more calories than your body can burn and use as energy), you will gain weight. You need to eat the right amount of carbohydrates based on your body, your metabolism, and your activity level. If you are gaining weight, chances are that you are eating too many calories.

Every gram of carbohydrate equals 4 calories. So a banana with 20 grams of carbohydrates would have 80 calories from carbohydrates in that banana.

Also, remember that carbs are the main source of energy used by fast twitch muscle fibers. These are the muscle fibers responsible for an explosive vertical jump.

NUTRITION PRINCIPLE 3: EAT HEALTHY FATS

When it comes to nutrition, fats often get a bad reputation. The truth is, not all fats are bad, and eating healthy sources of fat will actually **INCREASE** your health **AND** your athletic performance.

There are three types of fats. Unsaturated fats, Saturated fats, and Trans fat. Unsaturated fats are the good fats. These are healthy for you and will help you to reach your goals. These are things like nuts, legumes, and healthy oils. You should be including monounsaturated fats and polyunsaturated fats in your diet. Saturated fats are things like animal fats, butter, and cheese. You want to stay away from these for the most part, but they can be fine in moderation. Trans fats are the ugly fats. You want to avoid these like the plague. These are things like fast food, fried foods, and some cakes, pies, chips, cookies, etc.

Once again, to make things simple,
the **HEALTHY FATS** that you should be eating are:

ALMONDS

WALNUTS

AVOCADOS

COCONUT OIL, OLIVE OIL

CASHEWS

CHIA SEED

FLAX SEED

ORGANIC PEANUTBUTTER

ALMOND BUTTER

*These foods are absolutely NOT all of the healthy fat sources that will move you towards your goals. There are plenty other wonderful fat sources that you can include. These are simply the staples that are most common among athletes.

Every gram of fat equals 9 calories. So an ounce of almonds with 14 grams of fat would have 126 calories from fats in that ounce of almonds. An ounce of almonds also has around 6 grams of protein and 6 grams of carbohydrates. You can add the total of the three macronutrients (protein, carbs, and fats) to find the total calories.

14 grams of fat = 126 calories

6 grams of protein = 24 calories

6 grams of carbohydrate = 24 calories

Total calories in an ounce of almonds = 174 calories

NUTRITION PRINCIPLE 4: GET ENOUGH VITAMINS AND MINERALS

This principle is very important and often neglected among athletes. You **MUST** get adequate vitamins and minerals to perform at your best (AKA you must eat your fruits and veggies!). All fruits and all vegetables can and should be consumed on this nutrition plan. You must not neglect this part. Fruits and vegetables are more important to eat for your health than any other foods. If you know for a fact you are not a “vegetable person” and aren’t very fond of vegetables, I do suggest taking a multivitamin (more information on this in the “supplements” section below).

Here is a list of **FRUITS AND VEGETABLES** that you should be eating:

APPLES	BROCCOLI
BLUEBERRIES	SPINACH
ORANGES	KALE
BANANAS	BRUSSEL SPROUTS (ALSO HIGH IN PROTEIN)
STRAWBERRIES	PEAS (ALSO HIGH IN PROTEIN)
PINEAPPLES	CARROTS
GRAPES	ASPARAGUS
BLACKBERRIES	PEPPERS
RASPBERRIES	GREEN BEANS
CHERRIES	KIWI

*These foods are absolutely **NOT** all of the fruits and vegetables that will move you towards your goals. There are plenty other wonderful fruits and veggies that you can include. These are simply the staples that are most common among athletes.

To make things simple, please understand that you can eat ALL fruits and veggies. Also know that you should be eating twice as many vegetables as you do fruits.

People sometimes say that you shouldn’t eat too much fruit because fruit is very high in sugar, and sugar leads to weight gain. This is true - fruit IS very high in sugar, and sugar does lead to weight gain. However, when is the last time that you looked at an overweight person and thought to yourself, “Wow, I bet they eat way too many fruits and vegetables!” ...I’ll answer that for you - never. Fruits usually are not the culprit in an overweight individual. Plus, if you are an athlete and burning a lot of calories, fruit is an excellent source of vitamins, minerals, and simple carbohydrate that is great to restore glycogen in your muscles and help you stay healthy.

Normally, athletes can eat as much fruit as they want.

SUPPLEMENTS

If you are a beginner, you probably have tons of questions regarding supplements. If I do not answer all of those questions here, you can [CLICK HERE](#) to view my YouTube playlist titled 'Supplements for Athletes' where I break down each supplement and why you should or should not take them. If that video series still doesn't answer your questions, leave a comment on any of those videos with the question that you have and I will be sure to answer it.

So, do you need supplements? The short answer is **NO**. You do not need supplements. Everything that is in supplements you can get from food. That statement is very important. **EVERYTHING THAT IS IN SUPPLEMENTS YOU CAN GET FROM FOOD**. Do you **NEED** whey or casein protein powder? No. Just eat chicken or Greek yogurt. Do you **NEED** Branched-Chain Amino Acids? No. Just eat some eggs. Do you **NEED** a multivitamin? No, just eat a balanced diet with lots of fruits and veggies. You see, supplements only make things easier. It is much easier to drink a protein shake than it is to eat an entire meal. It is much easier to take a multivitamin than eat a plate full of vegetables. So **NO**, you do not **NEED** supplements, but **YES** they can help.

Do I recommend that you take supplements? No. I don't recommend that you take supplements. What I recommend is that you start eating healthy and nutritious foods and start working out hard. Then, IF you are working out hard **AND** your nutrition is dialed in with healthy, nutritious foods, then yes, maybe you should consider taking supplements. I **DO NOT** recommend supplements as a replacement for a good nutrition or training plan. Many people think that if they simply take supplements that they will get bigger, faster, stronger, and more athletic. This is not true. You can't be a blob on your couch and drink five protein shakes a day and think that you're going to look like Arnold Schwarzenegger or jump like Zion Williamson. Supplements are only to be used **AFTER** you are already working out hard and eating right.

*The one supplement that I do recommend that you take is creatine. More on that coming up.

I also want to point out that supplements are not the end-all for your vertical jump. It's not like you won't be able to increase your vertical as high as the next guy unless you take supplements. Your vertical jump relies solely on your training and nutrition. As long as those two components are dialed in, you will be fine. Remember, you can get the same things from foods that you get from supplements. If you take supplements, it should be because you **WANT** to and that is your **PREFERENCE**. Not because you think you need to.

So **IF** you are working out hard and eating right, and you **WANT** to take supplements to assist you on the journey, then these are the supplements that will make it more convenient to get the proper nutrition necessary to optimally increase your vertical jump:

*I will take the time here to note that I am sponsored by 1st Phorm. I highly recommend and believe in their supplements because I know that they are the highest quality you can get, and they are 100% third party tested. I would never recommend (or be sponsored by) a supplement company if I did not personally use and fully believe in the supplements myself. With that said, I do receive a commission if you purchase their supplements using my links.

(DISCLAIMER: YOU DO NOT NEED ANY OF THESE PRODUCTS TO COMPLETE THIS VERTICAL JUMP PROGRAM OR INCREASE YOUR VERTICAL JUMP - SUPPLEMENTS ARE SIMPLY A MORE CONVENIENT WAY TO MEET YOUR NUTRITIONAL GOALS. PLEASE DO YOUR RESEARCH AND GET CONSENT FROM A DOCTOR BEFORE PURCHASING OR CONSUMING ANY OF THESE PRODUCTS).

I Creatine Monohydrate – Creatine is recommended first because this is the hardest of the supplements to get from food. Everything else can easily be acquired by eating the right foods. It is extremely hard to get enough creatine from your diet to notice a difference in your strength and power in the gym. For that reason, I recommend that you start taking 5 grams of creatine monohydrate per day. (Creatine is also extremely cheap to purchase). (Here is a full video I did on YouTube explaining everything about creatine: [CREATINE VIDEO](#))

Without getting too scientific, creatine will make you stronger. It will increase your strength and power output, and for that reason, will cause you to become bigger, faster, stronger, and will help to improve your performance in the gym. Recent studies have also shown that creatine is important for the brain - AND, the faster you can send signals from the muscles to the brain, the higher and more powerful your vertical jump will be.

Best time to take creatine? It honestly doesn't matter. You can take it in the morning, before your workout, after your workout, or before you go to sleep. Personally, I take creatine before my workouts and before my basketball games.

Which Creatine should you take? I recommend Micronized Creatine Monohydrate by 1st Phorm (You can find their creatine by clicking **HERE:** <https://bit.ly/3xADYIT>)

2 Whey Protein – Whey protein is a fast-acting protein that is digested quickly in the body. Let me remind you again that you can simply **EAT** protein and it will do the exact same thing as whey protein. If you do not have money for/do not want to take whey protein, do not be discouraged. After your workout, go home and eat a meal that is high in protein and carbohydrates (Something like 4-8oz chicken breast, some white or brown rice, and a banana).

Best time to take whey protein? Within 30 minutes of finishing a workout or basketball game. You can also use whey protein as a meal replacement if you do not have enough time to eat a full meal.

Which Whey Protein should you take? I recommend Phormula 1 Whey Protein by 1st Phorm (You can find their whey protein by clicking **HERE:** <https://bit.ly/3i1H0PA>)

3 Omega 3 Fish Oil - Fish oil is excellent for two reasons. Studies have shown that fish oil can aid in tendon repair, which can be very effective for basketball players who often suffer from knee pain. The second reason is that there is a fatty tissue in your brain called “Myelin” that is essential for improving skill circuits. The more myelin you grow, the more skills you have. (When you practice shooting or ball handling, you are essentially growing more myelin). This “Myelin” is made up of fatty tissue, and the growth of myelin is aided with omega 3 fatty acids (AKA - by taking fish oil or eating a diet rich in omega 3). Therefore, fish oil not only aids in tendon repair, but can also aid in you becoming more skilled as a player.

I recommend ‘Full Mega’ from 1st Phorm. You can find it by clicking **HERE:** <https://bit.ly/3rfqpwd>

4 Multivitamin – As stated in ‘Nutrition Principle 4: Get Enough Vitamins and Minerals’, it is extremely important to get these vitamins and minerals to perform at and feel your best. If you eat a diet high in fruits and vegetables, then you don’t necessarily need to take a multivitamin. For me, I eat a diet high in fruits and vegetables **AND** I take a one-a-day multivitamin. This ensures that I am getting enough of every single vitamin and mineral that is essential to my body.

Which Multivitamin should you take? I recommend ‘M-Factor Men’ from 1st Phorm (unless you are a woman - then you should look into ‘M-Factor Goddess’) (You can find their multivitamin by clicking **HERE**: <https://bit.ly/313GFHf>)

Other than these four supplements, I do not think that there are any other supplements necessary to assist in the convenience of optimizing your nutrition plan and increasing your vertical jump. Just to be 100% honest and authentic, I DO take more than these four supplements, but the rest of the supplements are for health purposes and will not have a significant effect on your vertical jump.

If you have knee pain, these four supplements will help:

Collagen (Take 30 minutes before workout or sport): <https://bit.ly/3hxtQLt>

Vitamin C (Take 30 minutes before workout or sport): <https://bit.ly/3JFocTm>

*If you take a multivitamin, then take that multivitamin 30 minutes before your workout with the collagen. There is no need to take both the Vitamin C and the Multivitamin.

Full Mega Fish Oil : <https://bit.ly/3rfqpwd>

Joint Support Formula (Take any time): <https://bit.ly/3yMnI7L>

Here is a full list of supplements that I take:

--- SUPPLEMENTS I USE ---

WHEY PROTEIN: <https://bit.ly/3i1H0PA>

CREATINE: <https://bit.ly/3xADYIT>

FISH OIL: <https://bit.ly/3rfqpwd>

MULTIVITAMIN: <https://bit.ly/313GFHf>

GREENS DRINK: <https://bit.ly/3xzgoMy>

GLUTAMINE: <https://bit.ly/3i1Gpxk>

JOINT SUPPORT FORMULA: <https://bit.ly/3yMnI7L>

On the next page I have written out exactly when I take these supplements to maximize health, nutrition, muscle building, and vertical jump.

NATE'S DAILY NUTRITION PLAN

*This is a very simplified version of my daily nutrition plan. I do not include the exact foods that I eat because they vary from day to day. The most important thing to note is that you should be getting protein, carbohydrates, healthy fats, and fruit/vegetables with every single meal. Use the 'shopping list' for a list of specific foods that will help you reach your goals. (For more information on what to eat and when to eat it, check out my YouTube videos on health, fitness and nutrition)

NATE'S NUTRITION PLAN HOUR BY HOUR:

- 4 AM** - Wake up and consume 1 serving of collagen, multivitamin, joint formula, and 5 grams of Micronized Creatine Monohydrate.
- 5 AM** - Workout
- 6 AM** -
- 7 AM** - After my workout is finished, I will then consume 1-2 scoops of 'Phormula 1 Whey Protein Powder', one serving of Glutamine, one serving of Fish Oil, and eat a banana or other fruit (any simple fast-acting carbohydrate source will work).
- 8 AM** - One serving of a Greens Drink.
- 9 AM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 10 AM** -
- 11 AM** -
- 12 PM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 1 PM** -
- 2 PM** -
- 3 PM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 4 PM** -
- 5 PM** -
- 6 PM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 7 PM** -
- 8:30 PM** - Before bed I will take another serving of Fish Oil.
- 9 PM** - Sleep

SHOPPING LIST:

*I am not telling you to buy every single item on this list. This is simply a list to refer to for some assistance in the grocery store. If you want to eat chicken, rice, broccoli, and almonds every day for every meal, then only buy those items. If you want more variety in your diet, then buy more than those four items. It's completely up to you.

PROTEIN:

GRASS FED LEAN GROUND BEEF
TOP ROUND STEAK
GROUND TURKEY
COD
SALMON
TILAPIA
CHICKEN
EGGS
GREEK YOGURT
COTTAGE CHEESE

CARBOHYDRATES:

OATMEAL (ROLLED OATS - NOT THE INSTANT OATMEAL PACKETS)
SWEET POTATOES OR YAMS
BROWN RICE OR WILD RICE
WHITE RICE
BEANS (BUY IN BAGS, NOT IN CANS) (I LIKE BLACK BEANS THE BEST)
LENTILS
100% WHOLE GRAIN PASTA
100% WHOLE GRAIN BREAD
QUINOA

SHOPPING LIST (CONTINUED):

HEALTHY FATS:

ALMONDS
ALMOND BUTTER
WALNUTS
ORGANIC PEANUT BUTTER
COCONUT OIL
FLAX SEED
OLIVE OIL
CHIA SEED
AVOCADOS
CASHEWS

FRUITS AND VEGETABLES:

APPLES
BROCCOLI
BLUEBERRIES
SPINACH
ORANGES
KALE
BANANAS
BRUSSEL SPROUTS (ALSO HIGH IN PROTEIN)
STRAWBERRIES
PEAS (ALSO HIGH IN PROTEIN)
PINEAPPLES
CARROTS
GRAPES
ASPARAGUS
BLACKBERRIES
PEPPERS
KIWI
GREEN BEANS
LEMONS (I SQUEEZE THE JUICE INTO MY WATER)

MINDSET

The best definition of personal development that I can give you is, “The conscious pursuit to improve one’s life, become a better person, and grow as an individual.” In simple terms, personal development means to commit to getting better every single day. Every single day, your number one priority is to be better than you were the day before. Not only am I talking about your body, but I am also talking about your mind. You will go much further in life by developing your mindset, your mental toughness, and your outlook on life.

See, here’s the thing. Success is simple. If you work on and improve yourself every single day for days, weeks, months, years, **DECADES**, then there is no doubt that you will become successful. Think about it. If you learn, improve, and **TAKE ACTION** every single day towards your goals and the life that you want to create for yourself, then you **WILL** create that life. Action **MUST** produce results. For every action there is an equal and opposite reaction (we all learned that in science class). That means that if you learn, improve, and take action daily to make your life better, your life **MUST** get better, because it’s a scientific law of the universe.

You also need **GOALS**. In order to get where we want to go, we must be extremely clear about where we want to go. If you don’t set out written goals for yourself, then you are like a ship without a captain. You will simply drift along in life until you sink or crash into a random island. You **MUST** be specific and you must be very clear about where you want to go. Watch this video to jump start your vertical jump goals:

[‘THE STRANGEST SECRET’ BY EARL NIGHTINGALE](#)

ACTION STEP:

Write down the number one goal that you want to achieve by the end of this program.

My number one goal for this program is:

Also, nothing changes without action. The way to achieve your goals is to take action towards them every single day. On the next page, write down three action steps that you are going to take daily to achieve your goal for this program. (I know we already did this - it is worth writing them down twice).

ACTION STEP:

Write down three action steps that you will take DAILY to achieve your number one goal.

Three action steps that I will take daily to achieve this goal:

- 1 _____
- 2 _____
- 3 _____

You must ask yourself this question every single day: “What can I do today that will help me achieve these goals?” Then, go take action.

You may be thinking, “what in the world does this have to do with my vertical jump?” Everything. It has everything to do with your vertical jump. If you commit to personal development, then you commit to developing an unstoppable mindset. If you commit to achieving your goals, then you commit to being the master of your own life. “The best way to predict the future is to create it.”

There are two things that I want you to do every single day:

**LEARN
TAKE ACTION ON YOUR GOALS**

When it comes to learning, the truth is that no matter how much we know, or how little we know, we can **ALWAYS** know more. We can always improve. The goal here is to become world class. The goal is to become the best of the best. How do you become the best at basketball? You learn about it. You study it. You read about it. You watch videos on it. You **PRACTICE** it (The best way to learn is to learn by doing).

How was I able to become knowledgeable enough to create a program on **EXACTLY** how to increase your vertical jump? I studied it. I read about it. I watched videos on it. I bought courses and programs and took action on them all. I immersed myself in knowledge and learned every single thing that I could about it. I was obsessive and relentless in the action that I took to learn about and increase my vertical jump.

My point is this. You have to figure out what you care about most in this life, and then you have to learn as much as you possibly can about that one thing. If you like bodybuilding, read Arnold Schwarzenegger's 'Encyclopedia of Bodybuilding'. If you like basketball, read Phil Jackson's book 'Eleven Rings'. Choose right now what you want to be the best in the world at, and start to viscosly learn about that subject.

A few ways to get knowledge:

RESEARCH (ARTICLES & JOURNALS)

WATCH YOUTUBE VIDEOS

READ BOOKS (MY PERSONAL FAVORITE)

LISTEN TO AUDIOBOOKS

LISTEN TO PODCASTS

TRY NEW THINGS

LEARN THROUGH EXPERIENCE (TAKE ACTION AND PRACTICE)

TEACH OTHER PEOPLE

Because books have had such a dramatic effect on my life, I would like to give you a list of 10 books that can drastically change your life if you read them (Keep in mind, I'm not talking about fairy tales here. I'm not telling you to read story books. These are real life, practical books that you can read and apply to your own life to get from where you are now to where you ultimately want to be). These books will help you become a better basketball player and athlete.

ACTION STEP:

On the next page, choose at least one book, get it, and start reading it immediately. Create the habit of reading at least 30 minutes per day. It will change your life.

If you want to be motivated and learn about what is truly possible for a human being, start with 'Can't Hurt Me' by David Goggins.

If you want to learn about the best way to practice your sport to become a world-class athlete, start with 'The Talent Code' by Daniel Coyle.

If you want to understand why you have the ability to learn and achieve anything you want in life, read 'Mindset' by Carol Dweck.

The important part is that you start, and start now.

NATHANAEL MORTON JUMP TRAINING PROGRAM

Top 10 Must Read Books for athletes (If you have a hard time reading books, you can also download these books on the app 'Audible' and listen to the audiobooks instead of reading the physical book):

These books are in the order that I think you should read them, but you could honestly start anywhere and it would work just as well.

- | | |
|--|---|
| 1. 'CANT HURT ME' BY DAVID GOGGINS | HTTPS://AMZN.TO/2EKES0J |
| 2. 'MINDSET' BY CAROL DWECK | HTTPS://AMZN.TO/2YHFI1B |
| 3. 'THE SUCCESS PRINCIPLES' BY JACK CANFIELD | HTTPS://AMZN.TO/2ZHWDUX |
| 4. 'GRIT' BY ANGELA DUCKWORTH | HTTPS://AMZN.TO/2VLCGVE |
| 5. 'RELENTLESS' BY TIM GROVER | HTTPS://AMZN.TO/2VX6WIE |
| 6. 'THINK AND GROW RICH' BY NAPOLEON HILL | HTTPS://AMZN.TO/2HR07QV |
| 7. 'AS A MAN THINKETH' BY JAMES ALLEN | HTTPS://AMZN.TO/2ZYGC7E |
| 8. 'THE TALENT CODE' BY DANIEL COYLE | HTTPS://AMZN.TO/2HR3CS4 |
| 9. 'ELEVEN RINGS' BY PHIL JACKSON | HTTPS://AMZN.TO/2HR4NR4 |
| 10. 'MASTERY' BY ROBERT GREENE | HTTPS://AMZN.TO/2YGCJ6Y0 |

If I could only choose one book that I think is the most important on this list, it would be 'Mindset' by Carol Dweck. If you understand the fundamental principle that she teaches in the book (that you can learn and do anything with the proper growth mindset), then you will understand why it is that you can become a professional athlete, have a 40-inch vertical jump, or achieve anything else that you want to within this life.

Because YouTube videos have also changed my life (not just creating them but watching them), here are the top 10 YouTube videos that have had the biggest impact on my mindset and life.

Top 10 Must Watch YouTube Videos:

1. ['HOW BAD DO YOU WANT IT?' BY ERIC THOMAS](#)
2. ['IT'S NOT OVER UNTIL I WIN' BY LES BROWN](#)
3. ['THE STRANGEST SECRET' BY EARL NIGHTINGALE](#)
4. [OUTWORK EVERYONE - KOBE BRYANT](#)
5. [DAVID GOGGINS ON IMPACT THEORY' BY TOM BILYEU](#)
6. ['HOW TO BE UNSTOPPABLE - TIM GROVER | INSIDE QUEST #29' BY TOM BILYEU](#)
7. ['JIM ROHN BEST LIFE EVER](#)
8. ['LISA NICHOLS ON THE KEY TO ABUNDANCE AND SUCCESS - WITH LEWIS HOWES'](#)
9. ['WILL SMITH'S TOP 10 RULES FOR SUCCESS' BY EVAN CARMICHAEL](#)
10. ['TONY ROBBINS - THE POWER OF BELIEF' \(SEARCH ON YOUTUBE\)](#)

As an added bonus, I will give you the top 10 people who have changed my life just in case you wanted to look into these names as well (I suggest that you search these names on Google or YouTube and watch as much content as you can about them). You can click on any of these names and it will take you to their YouTube channel.

1. TOM BILYEU
2. TONY ROBBINS
3. ERIC THOMAS
4. LES BROWN
5. JIM ROHN
6. GARY VAYNERCHUK
7. EVAN CARMICHAEL
8. LISA NICHOLS
9. TIM FERRISS
10. LEWIS HOWES

DAILY ACTION STEP: Spend 30 minutes a day MINIMUM watching videos, reading books, or listening to podcasts on the one thing that you want to be world-class at.

DAILY ACTION STEP: Read your goals every single day. Write them on a notecard and carry it with you everywhere you go. Read it as much as possible and constantly ask yourself the question, “What can I do today that will help me achieve these goals? Then, go take action.

INSPIRATION

The inspiration will be packed into this vertical jump training manual as much as possible. I am here to challenge your beliefs about who you can become and what you can achieve. No matter how good you are at anything, you can get better. You can learn anything about your sport, put it into action, and ACTUALLY change the course of your life.

Let’s get one thing clear. The main goal of this program is for you to increase your vertical jump and jump as high as humanly possible. If you want that, you are going to have to give more than you have ever given before. I need every single ounce of your heart and soul to be poured into this program. You have to stop accepting weakness in yourself and demand that you complete this program to the absolute best of your ability.

If you need some quick inspiration, watch the first of my ‘Top 10 Must Watch Videos’, ‘How Bad Do You Want It?’ By Eric Thomas. You will walk away from that video feeling unstoppable. I promise.

CHAPTER TWO

WHAT IS NECESSARY FROM YOU?

HUNGER AND AMBITION

Within Eric Thomas’s speech ‘How Bad Do You Want It?’, he talks about wanting to succeed as bad as you want to breathe. I literally could not have explained the concept of hunger, ambition, and desire any better than he did. You **NEED** to watch that speech on YouTube if you haven’t already.

ACTION STEP: Type into YouTube, [“How Bad Do You Want It by Eric Thomas”](#) or click the link here. Watch the video.

NOW do you understand? If you want to increase your vertical jump and take your game to the next level, you **REALLY** have to want it. You have to want to increase your vertical jump so bad that you will do **WHATEVER IT TAKES** to get it. You have to be so hungry and ambitious that you will do **ANYTHING** to get the results. If you want to make it to the NBA, no one is going to just hand it to you.. **YOU** are going to have to take it. You are going to have to earn it through hours and hours of practice, work, and effort.

DECISION

The Latin root of the word decision literally means “to cut off from”. When you make a decision, a **TRUE** decision, it means that you are literally cutting off the possibility of any other option. If you truly make the decision to follow through with this vertical jump training program, then that means that you are leaving no other option. Failure is not an option. Skipping workouts is not an option. Giving anything less than your best effort is not an option. Make the decision right now that this is what you are going to do.

RELENTLESS ACTION

Knowledge is not power. Knowing how to increase your vertical will get you nowhere. You must act. You must take action on the information in this book in such a relentless manner that you will do whatever it takes to achieve your desired result. Relentless action means that you are constantly doing the things necessary to improve yourself and achieve your goal. When you’re not working out, you’re practicing your sport. When you’re not practicing your sport, you have to be planning your next work out. When you’re not planning your next work out, you have to be reading. When you’re not reading, you have to be eating the foods that will make you stronger. When you’re not eating the foods to make you stronger, you have to be watching videos on how to get better. Relentless action means that every second of every day you are doing the things necessary to achieve what you desire.

SELF DISCIPLINE

There are two types of people when it comes to discipline. Person A says, “I have to wait until I feel like it in order to do it.” Person B says, “I will do it whether I feel like it or not, because that’s the type of person I am.” You see, true inspiration comes from taking action and seeing progress on something that you really want. As soon as you start to see progress, you are going to feel more inspired than you ever have in your life. But you have to get to that point first. You’re not **ALWAYS** going to feel like doing the things that you need to do. Sometimes you’re going to feel uninspired. You must stay disciplined, and take action anyways.

The people who win in this life are the people who show up whether they feel like it or not. Discipline is like a muscle. You may not have any discipline now, but you will build the discipline as you stick to your commitments over and over and show up every single time. You must get to the point where, whether you feel like it or not, you **NEVER** miss a training session. You **NEVER** miss a meal. You **NEVER** miss a post-workout shake. You **NEVER** miss your reading. You **NEVER** miss a practice. You're **NEVER** late. You **NEVER** miss out on the things that are going to bring you closer to your goal because you have an even greater commitment to excellence.

CONSISTENCY

Consistency is imperative when it comes to jumping higher. If you complete the vertical jump training sessions two times a week, do your jump sessions, do your mobility, stretch and foam roll every single day, then you will surely see results. If you skip workouts, decide not to train for a week, or decide not to be consistent with this program, then you will not get the maximum results.

Think about it like this: I have two cats at home - What do you think would happen if I just decided to take a week off from feeding my cats? What if I just decided to feed my cats every other week or once a month? Yeah. Say goodbye to my cats. They would die. You cannot just do things **SOMETIMES** or **WHEN YOU FEEL LIKE IT**. You **MUST** be consistent within this program if you want to see optimal results and jump as high as humanly possible. Stay consistent. Do the workouts three times a week, stretch and foam roll every day, and you will achieve your goals. If you need an extra rest day in between workouts, that is fine. Take another rest day and then resume where you left off. But never **SKIP** sessions entirely.

PERSISTENCE

In my opinion, persistence is arguably the number one principle of success that you need in order to succeed and achieve your goals. Lack of persistence is certainly the number one reason why people fail. The number one reason why people fail is because they quit. They start a journey, the journey gets hard, and they quit. Listen closely. You are not soft. You are not a quitter. When things get hard, you go harder. When times get tough, you get tougher. That's it. If you quit, you lose. If you persist, you win.

ACTION STEP: On a sheet of paper, write these words an inch high: "A Quitter Never Wins, A Winner Never Quits." Tape it to your wall so that you see it every single day.

EXECUTION

Listen to me. Ideas suck. No one will give you an award for having a great idea. What you will be rewarded for is when you **PUT THAT IDEA INTO ACTION**. What you will be rewarded for is when you make a plan, put the plan into action, and execute on the plan until it is complete. Execution and action are all that really matter in this world. Knowledge and ideas are not enough.

CHAPTER THREE

ELEMENTS OF THE WORKOUT PROGRAM

Within this program, there are three different elements (three different types of days):

- 1) Main Workout Sessions (Direct Vertical Jump Focus)
- 2) Minor Workout Sessions (Mobility, Stability, Balance, & Core)
- 3) Rest Days

You will be doing the main workouts three times per week.

You will be doing minor workouts three times per week.

You will be resting 1 day per week.

There are also “Jump Sessions” included in this program. They will replace some of the normal vertical jump workouts and are meant to help you maximize your vertical jump.

The goal is to work consistently on your vertical jump, but also leave enough time in between workouts for recovery.

Your schedule will look like this:

Day 1: Main Workout (Direct Vertical Jump Focus)

Day 2: Minor Workout (Mobility, Stability, Balance, & Core)

Day 3: Main Workout (Direct Vertical Jump Focus)

Day 4: Minor Workout (Mobility, Stability, Balance, & Core)

Day 5: Main Workout (Direct Vertical Jump Focus)

Day 6: Minor Workout (Mobility, Stability, Balance, & Core)

Day 7: Rest

Let's move on and go into more detail about each individual day.

MAIN WORKOUT SESSIONS

There are three main workouts per week. These main workouts have a direct focus on increasing your vertical jump. Sometimes, one of these workouts will be replaced with a Jump Session (usually the middle session throughout the week). You should take **AT LEAST** one day of rest in between main vertical jump workouts. Minor workouts count as rest from the main workouts because they do not break down the muscles, tendons, and central nervous system. If you follow the schedule, then this will not be a problem for you.

The vertical jump workouts consist of four parts:

PART 1 - THE WARM UP

It is extremely important to perform a warmup before you engage in weight training. Failure to do so increases your risk of injury (and it doesn't matter how high you can jump if you are injured and can't jump at all!). You should **NEVER** participate in the strength portion of this vertical jump training program without properly warming up first. (I would also like to add that the warm up is often neglected – this is an easy way to get ahead of the competition and unlock your full potential. If other athletes are skipping the warm up and you are not, that just puts you that much further ahead of them). *You can also hoop or play a few pick up games to get a good warm up.

I have included a warm up at the start of each vertical jump training workout that consists of a 7 minute dynamic warm up and reverse sled. I do recommend that you follow this warm up each session, but if you want to do your own warm up then that is fine too. Just make sure that you break a sweat, increase your heart rate, and most importantly, increase the temperature of your tissues (muscles and tendons).

PART 2 - SPEED AND PLYOMETRIC EXERCISES

The speed and plyometric exercises may come at the beginning of a workout, superset with the strength training exercises in the middle of a workout, or at the end of a workout. Rest assured that each plyometric exercise is placed in the perfect order with the rest of the exercises in each workout.

Normally the plyometrics come first, but sometimes they are mixed in for either efficiency or maximum effectiveness.

PART 3 - STRENGTH EXERCISES

The strength training will consist of various exercises including squats, deadlifts, step ups, cleans, high pulls, romanian deadlifts, and much more. In order to jump higher, you need to jump - and that is where the plyometrics come in. But strength is also a huge part of the equation. This is where the strength portion of the program comes into play to help you maximize vertical jump.

Strength training normally comes after the plyometrics, but may be mixed in if we are utilizing a certain training principle like Complex or Contrast Training.

PART 4 - BREATHING AND VISUALIZATION

There are many studies that show the positive effects that deep breathing has on the body. For us, the main benefit that we get from deep breathing is that it shifts us into the parasympathetic 'rest and digest' nervous system which promotes recovery. When doing your breathing, you should breathe through the nose and not the mouth. The recovery benefits that we get from this are far greater than any recovery tools that you could use such as foam rollers, massage guns, ice baths, recovery boots, etc. Deep belly breathing through your nose (directly after the workout) is where it starts.

While you are doing your deep nose breathing, you should visualize your goals. Every goal that you want to achieve should happen twice - once in your mind, and once in real life. You need to be able to see it, feel it, experience it - all in your mind - before it happens in real life. Visualization is a major key that you can use to achieve your goals, and achieve them faster than you ever thought possible.

This is why the breathing and visualization is included at the end of each workout. It only takes 10 minutes, and it will change your life.

MINOR WORKOUT SESSIONS

There are three minor workout sessions per week. These days are extremely important to increase blood flow to the muscles and tendons to promote healing and recovery, to increase your core strength, your foot strength, your balance, stability, mobility, and more.

In order to get the most out of this program, you will not want to skip any days. The minor days will indirectly increase your vertical jump, but they will do wonders for your athleticism overall.

There are five main elements to the minor days, although you may only train 1-2 of these elements on any given minor workout session. The five elements are:

PART 1 - CORE STRENGTH

Your core plays an extremely important role in how high you can jump. If we strengthen the core, we will be able to increase our vertical jump and jump higher. Now keep in mind, your core is not just your abs. Your core is your abs, your obliques, and your lower back. Some people even go as far as to say that your chest and upper back is part of your core. Within this program, we focus strictly on your abs, your obliques, and your lower back. These are the three components that, if stronger, will truly help to increase your vertical jump.

PART 2 - FOOT STRENGTH

Within the minor days you will find a 'Foot and Ankle Strengthening Routine'. It is very important that you do this routine. Your feet are the first line of contact with the ground.

The better your feet interact and react with the ground, the more efficient (and quicker) those impulses will be sent to the brain. Having stronger and more functional feet will directly increase your vertical jump and sport performance in general.

PART 3 - BALANCE

Within the minor days I have included a balance routine that is 9 minutes long. I have only included this routine once every two weeks because we will be doing much more indirect balance work throughout the other workouts in the program, but you can feel free to do this 9-minute balance routine as often as you like. There is a 6-year study that showed that proprioception (measured by single leg balance) decreased the risk of ankle sprains in athletes by 81%.

That being said, it is VERY important to improve your balance as an athlete, and we will be doing many workouts and exercises to do so within this program. Do not skip the balance workouts.

PART 4 - STABILITY

Stability, by definition, means “The state of being stable.” Throughout this program you will notice that you feel much more stable while exercising, moving through space, and playing your sport. The balance workout will improve your stability as well, but there are many lower body, core exercises, and minor workout sessions in general that will lead to increased stability throughout this program as well.

PART 5 - MOBILITY

Mobility is a major key when it comes to developing your athleticism. With poor mobility comes an increased risk of knee pain, overuse injuries, and muscle strains. Where we go wrong is that we think more is always better. When it comes to mobility, a certain level of mobility is required, but more is not necessarily better.

I have included mobility drills in each minor workout session. You can use these to ‘maintain’ the mobility that you have, but you may need to do some extra work if your mobility is really lacking.

JUMP SESSIONS

Your jump sessions happen every so often, normally on the middle session during the week. They will replace a normal plyometric and strengthening session, and the program will prompt you when to do them.

The four approach jumps that we will work on during your jump sessions are:

- 1) Right Foot Approach
- 2) Left Foot Approach
- 3) Right/Left Two-foot Approach
- 4) Left/Right Two-foot Approach

The four markers that we are going to use when jumping are:

- 1) 25% Intensity (This could be touching the net)
- 2) 50% Intensity (This could be touching the backboard)
- 3) 75% Intensity (This could be touching the rim)
- 4) 100% Max Intensity! (Dunking or touching as high as you possibly can)

You will complete 3 reps of each approach at 25, 50, and 75% intensity. When you get to 100% intensity, you will do 3 sets of 3 jumps off of each approach (36 Jumps Total).

3 Jumps off of all 4 approaches at 25% = 12 Jumps total at 25%

3 Jumps off of all 4 approaches at 50% = 12 Jumps total at 50%

3 Jumps off of all 4 approaches at 75% = 12 Jumps total at 75%

3 Sets of 3 Jumps off of all 4 approaches at 100% = 36 Jumps total at 100%

*Included on the next page is a table of what the jumping days will look like.

[CLICK HERE](#) for a full video on what the jump days look like.

At the VERY END of your jump session, I want you to do your worst approach for 6 more jumps, your second worst approach for 4 more jumps, and your second best approach for 2 more jumps.

We want all four of our approach jumps to be EVEN and BALANCED!

JUMP SESSIONS

25% JUMPS	3 Jumps off of your right foot approach.	3 Jumps off of your left foot approach.	3 Jumps off of your Right/Left two-foot approach.	3 Jumps off of your Left/Right two-foot approach.
50% JUMPS	3 Jumps off of your right foot approach.	3 Jumps off of your left foot approach.	3 Jumps off of your Right/Left two-foot approach.	3 Jumps off of your Left/Right two-foot approach.
75% JUMPS	3 Jumps off of your right foot approach.	3 Jumps off of your left foot approach.	3 Jumps off of your Right/Left two-foot approach.	3 Jumps off of your Left/Right two-foot approach.
100% MAX JUMPS!	3 Sets of 3 Jumps off of your right foot approach.	3 Sets of 3 Jumps off of your left foot approach.	3 Sets of 3 Jumps off of your Right/Left two-foot approach.	3 Sets of 3 Jumps off of your Left/Right two-foot approach.

25% means you are barely jumping. 50% means it is half intensity. 75% means that you are jumping high, but not your highest. 100% means that you are jumping with 100% max intensity, as high as you possibly can!

REST DAYS

In order to maximize your vertical jump, every single rest day should be spent RESTING. That is exactly why it is called a rest day. Your muscles and central nervous system need time to rest, recover, and build back up bigger, faster, and stronger.

In order to speed up your recovery time AND allow for yourself to build your muscles and central nervous system as much as possible, you should take a walk, do some light stretching and mobility, and do some meditation/deep breathing on rest days.

It is IMPERATIVE that you do not do any workouts on rest days. The schedule is already set for you - you should follow it. If you continue to train on rest days, you put yourself at risk for an overuse injury such as patellar or achilles tendonitis, shin spints, plantar fasciitis, etc.

(If you have knee pain at all, check out my YouTube playlist on How To Cure Jumper's Knee by [clicking HERE](#))

If you are NOT mid-season within your sport, I would hold off on playing 5 on 5 basketball every single day. You can participate in skills training as much as you like (i.e. practicing your dribbling/shooting for basketball). You can even play some pick up basketball if you like, but I would not play 5 on 5 intense basketball every single day of the week, not allowing time for your legs to recover. 1 or 2 days of basketball is fine (maybe even 3 or 4), but it is extremely important to make sure that your body is resting on your rest days, ESPECIALLY when you are not in season for your sport.

(Let me say again that skills training is fine. You can and should be improving your game every single day. But make sure that some of those days are shooting drills, dribbling, etc, instead of heavy 5 on 5 basketball every day of the week).

If you are mid-season in your sport, you should not do this program. Do my 'Beyond The Rim: In season Training Program' instead.

*You may take EXTRA rest days at any time! If you feel you need an extra rest day, take it. Do not blindly push through the program if you are not getting adequate recovery. Take an extra rest day, then resume where you left off. Often times, taking an extra rest day is a better option than doing a workout.

CHAPTER FOUR

EQUIPMENT NEEDED TO GET THE MOST OUT OF THIS PROGRAM

Please remember that there are alternatives for EVERY SINGLE exercise in this program. However, you will see best results if you have access to the following pieces of equipment (you can click the link to each piece of equipment in blue):

Squat Rack, Barbell, and Weight Plates: We will be doing various exercises using a squat rack, barbell, and weight plates such as Squats, Deadlifts, Barbell RDL's, etc.

Hex or Trap Bar: While you can just use a straight bar or dumbbells, a hex bar will come in handy for the Deadlifts and High Pulls that we will do in this program.

Dumbbells: Dumbbells of various weights will be helpful, as we will be doing exercises such as Step Ups, Single Leg RDL's, and many other exercises.

Cable Machine: This is not 100% necessary, but will be used for a few different exercises. In most cases you can use a resistance band instead.

Resistance Bands: You will need two resistance bands of the same resistance. These will be very important as they are one of the best workout tools out there. We will be doing exercises such as Band Squats, Band Goodmornings, Paloff Press, and more.

Mini Band: It is possible to loop your resistance band in half and use it as a mini band, although it does not work nearly as well. This is such a cheap piece of equipment that I would just make the purchase.

Sled: Reverse Sled is part of the warm up every day, however you can do 'Reverse Deadmills' while using a treadmill if you don't have a sled. At bare minimum, body weight Poliquin Step Ups can be done if you don't have a sled or a treadmill.

Treadmill: Only needed if you don't have a sled. There is 'Walking' on some minor workout sessions and rest days, but that is better done outside and not on a treadmill if possible.

Exercise Bike: This is used for parts of a warm up on Minor Workout Sessions, but it is not 100% necessary. The normal Dynamic Warm Up will work as well.

Basketball Hoop: This is used during the Jump Sessions and Approach Jumps, but the alternative is to touch any high object or just jump in the air to simulate using a hoop.

Hyperextension Machine: This is only used for two exercises, so don't go out buying a whole hyperextension machine if you don't have one. Just do the alternatives.

Boxes of Various Heights: We will be using 6-inch, 12-inch, 18-inch, and 24-inch boxes in this program. You do not NEED boxes - you can also jump onto a bench or a chair, or drop off of anything that height as well. Boxes are best, but we can make it work with other pieces of equipment.

Jump Rope: This is helpful but not 100% necessary. You can do invisible jump rope if needed.

Foam Roller: This is helpful but not 100% necessary.

***Remember that you can click on any one of these links in blue to view or purchase any piece of equipment.**

Also remember that there are alternatives for every single exercise throughout the program.

FREQUENTLY ASKED QUESTIONS

You can click on any of these questions to watch the video on that question.

[Why do we do the eccentric, isometric, and concentric peaking phases?](#)

[When will I see my vert increase?](#)

[What do I do if I have to miss a workout?](#)

[What if I stop doing the program for a while - do I have to start all over?](#)

[How do I do this program In Season?](#)

[How do I avoid knee pain with this program?](#)

[Can I still play basketball while doing this program?](#)

[Can I still do other workouts while doing this program?](#)

[Should I do these workouts before or after practice or skills training?](#)

[Can I add upper body to this program?](#)

[I don't have some of the equipment for this program, what do I do?](#)

[Can I start this program if I have knee pain?](#)

[The exercises in Phase 1 are too easy for me - can I move to Phase 2?](#)

[What is the point of a deload week?](#)

[My vert hasn't increased yet - am I doing something wrong?](#)

CHAPTER FIVE

THE WORKOUT PROGRAM

Alright, let's get started! If you're starting this schedule on Monday, then your week would look like this:

Monday: Vertical Jump Workout
Tuesday: Mobility, Stability, Balance, Foot Strength, & Core
Wednesday: Vertical Jump Workout
Thursday: Mobility, Stability, Balance, Foot Strength, & Core
Friday: Vertical Jump Workout
Saturday: Mobility, Stability, Balance, Foot Strength, & Core
Sunday: Rest Day

Remember, there may be a Jump Session in place of one of the main workout sessions each week. In that case you will need a basketball hoop and an open space.

The program is 22-weeks long and will take you through 3 different phases - an Eccentric Phase, an Isometric Phase, and a Concentric Peaking Phase.

You can find out more information on these phases by checking the Frequently Asked Questions section on the next page.

There are 3 deload weeks, one after each phase. You can find more information on the deload weeks on the next page as well.

WEEK 1 DAY 1

ECCENTRIC PHASE

MAIN WORKOUT SESSION

CLICK ON ANY EXERCISE FOR A VIDEO DEMONSTRATION OF THAT EXERCISE

DYNAMIC WARM UP

7 MINUTES

REVERSE DEADMILLS

6 MINUTES

ELEVATED SPEED STEPS

3 SETS OF 5 SECONDS

***DO THESE AS FAST AS POSSIBLE**

SHOCK PAUSE JUMPS

4 SETS OF 5 REPS USING A 6-INCH BOX

***WE WILL PROGRESS TO A HIGHER AND HIGHER BOX EACH WORKOUT**

BARBELL HIP THRUSTS

5 SETS OF 5 REPS

***GO AS HEAVY AS POSSIBLE WITH GOOD FORM**

HEX BAR DEADLIFTS

5 SETS OF 5 REPS WITH 50% OF 1 REP DEADLIFT MAX

***CLICK HERE FOR A VIDEO ON HOW TO FIND YOUR 1 REP MAX**

***IF YOU DON'T HAVE A HEX BAR JUST USE A STRAIGHT BAR INSTEAD**

APPROACH JUMPS

6, 5, 4, 3 REPS OFF OF EACH APPROACH

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 1 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES *SUPERSET WITH...*	3 SETS OF 10 REPS
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 1 DAY 3

JUMP/SPEED SESSION AT 50%

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
QUICK MOBILITY	7 MINUTES
JUMP ROPE	3 SETS OF 1 MINUTE
BACKWARDS RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 50% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 50% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%)
DO NOT JUMP AS HIGH AS YOU CAN - ONLY AT 50% INTENSITY	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 1 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILDS POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 1 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	3 SETS OF 5 REPS USING A 6-INCH BOX 1 SET OF 5 REPS USING A 12-INCH BOX
EGCENTRIC FOCUSED DEEP SQUATS *SUPERSET WITH...*	8 SETS OF 3 REPS WITH 40% 1 REP MAX
EXPLOSIVE STEP UPS *SUPERSET YOUR LAST THREE SETS OF SQUATS WITH EXPLOSIVE STEP UPS	3 SETS OF 4 REPS
BAND PULL THROUGH	3 SETS OF 10 REPS
ONE LEG KNEE TAP SQUATS *SUPERSET WITH...*	3 SETS OF 4 REPS
SINGLE LEG BOX JUMPS *USE YOUR WEAKER LEG FIRST ON BOTH OF THESE EXERCISES	3 SETS OF 4 REPS
WALKING LUNGES	2 SETS OF 20 YARDS
HYPEREXTENSIONS	2 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 1 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 1 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 2 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	2 SETS OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX
DUMBBELL BOX JUMPS	5 SETS OF 3 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
NORDIC CURLS	3 SETS OF 6 REPS
LUNGE HOLD	2 SETS OF 30 SECONDS EACH LEG
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 2 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 10 REPS EACH DIRECTION
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 REPS
*HOLD 5 SECONDS ON THE INSTEP AND 5 SECONDS ON THE ROTATION	
PALLOF PRESS	2 SETS OF 10 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 10 REPS
ASSISTED COPENHAGEN PLANK	2 SETS OF 30 SECONDS
BAND OR CABLE HIP FLEXOR	2 SETS OF 10 REPS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 2 DAY 3

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
LATERAL LINE HOPS FOR SPEED	3 SETS OF 5 SECONDS
*TRACK YOUR REPS AND TRY TO GET MORE REPS EVERY TIME YOU DO THIS	
SHOCK PAUSE JUMPS	2 SETS OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX
RFESS ECCENTRIC FOCUS	4 SETS OF 4 REPS
WEAK LEG FIRST	
BAND PULL THROUGH	3 SETS OF 10 REPS
SPANISH SQUAT	2 SETS OF 30 SECONDS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 2 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 2 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	2 SETS OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX
DUMBBELL BOX JUMPS	5 SETS OF 3 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
NORDIC CURLS	3 SETS OF 6 REPS
LUNGE HOLD	2 SETS OF 30 SECONDS EACH LEG
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 2 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 2 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 3 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 5 SECONDS
LATERAL LINE HOPS FOR SPEED	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 3 SETS OF 5 REPS USING A 12-INCH BOX
ECCENTRIC FOCUSED DEEP SQUATS	7 SETS OF 3 REPS WITH 50% 1 REP MAX 1 SET OF 2 REPS WITH 65% 1 REP MAX 1 SET OF 2 REPS WITH 75% 1 REP MAX 1 SET OF 2 REPS WITH 80% 1 REP MAX
SUPERSET WITH...	
EXPLOSIVE STEP UPS	3 SETS OF 6 REPS
*SUPERSET YOUR LAST THREE SETS OF SQUATS WITH EXPLOSIVE STEP UPS	
BAND PULL THROUGH	3 SETS OF 12 REPS
ONE LEG KNEE TAP SQUATS	3 SETS OF 6 REPS
SUPERSET WITH...	
SINGLE LEG BOX JUMPS	3 SETS OF 6 REPS
*USE YOUR WEAKER LEG FIRST ON BOTH OF THESE EXERCISES	
WALKING LUNGES	3 SETS OF 20 YARDS
HYPEREXTENSIONS	3 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 3 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES <i>*SUPERSET WITH...*</i>	3 SETS OF 10 REPS
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 3 DAY 3

JUMP/SPEED SESSION AT 50%

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
QUICK MOBILITY	7 MINUTES
JUMP ROPE	3 SETS OF 1 MINUTE
BACKWARDS RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 50% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 50% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%)
DO NOT JUMP AS HIGH AS YOU CAN - ONLY AT 50% INTENSITY	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 3 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILD'S POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 3 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 5 SECONDS
LATERAL LINE HOPS FOR SPEED	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 3 SETS OF 5 REPS USING A 12-INCH BOX
BOX SQUATS	1 SET OF 10 REPS WITH 30% 1 REP MAX 1 SET OF 8 REPS WITH 45% 1 REP MAX 3 SETS OF 5 REPS WITH 60% 1 REP MAX 1 SET OF 12 REPS WITH 45% 1 REP MAX
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
LATERAL STEP UPS	3 SETS OF 6 REPS
SINGLE LEG RDL'S	3 SETS OF 6 REPS
MONSTER WALKS HALF MOON WALKS LATERAL SIDE STEPS	2 SETS OF 10 STEPS FORWARD & BACKWARD 2 SETS OF 10 STEPS FORWARD & BACKWARD 2 SETS OF 10 STEPS EACH DIRECTION
REVERSE HYPEREXTENSIONS	2 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 3 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 3 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 4 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEPS	3 SETS OF 5 SECONDS
LATERAL LINE HOPS FOR SPEED	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX 1 SET OF 5 REPS USING AN 18-INCH BOX
BARBELL HIP THRUSTS	5 SETS OF 5 REPS
HEX BAR DEADLIFTS	5 SETS OF 5 REPS
*GO AS HEAVY AS POSSIBLE WITH GOOD FORM ON BOTH HIP THRUSTS AND DEADLIFTS	
NORDIC CURLS	3 SETS OF 8 REPS
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 4 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 10 REPS EACH DIRECTION
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 REPS
*HOLD 5 SECONDS ON THE INSTEP AND 5 SECONDS ON THE ROTATION	
PALLOF PRESS	2 SETS OF 10 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 10 REPS
ASSISTED COPENHAGEN PLANK	2 SETS OF 30 SECONDS
BAND OR CABLE HIP FLEXOR	2 SETS OF 10 REPS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 4 DAY 3

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
LATERAL LINE HOPS FOR SPEED	2 SETS OF 10 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX 1 SET OF 5 REPS USING AN 18-INCH BOX
RFESS ECCENTRIC FOCUS *WEAK LEG FIRST*	4 SETS OF 5 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
LUNGE HOLD	2 SETS OF 45 SECONDS EACH LEG
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 4 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 4 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 3 SETS OF 5 REPS USING A 12-INCH BOX
BOX SQUATS	1 SET OF 10 REPS WITH 30% 1 REP MAX 1 SET OF 8 REPS WITH 45% 1 REP MAX 1 SET OF 6 REPS WITH 55% 1 REP MAX 2 SETS OF 5 REPS WITH 60% 1 REP MAX 1 SET OF 4 REPS WITH 65% 1 REP MAX 1 SET OF 12 REPS WITH 45% 1 REP MAX
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
CROSSOVER STEP UPS	3 SETS OF 6 REPS
SINGLE LEG RDL'S	3 SETS OF 6 REPS
MONSTER WALKS HALF MOON WALKS LATERAL SIDE STEPS	2 SETS OF 10 STEPS FORWARD & BACKWARD 2 SETS OF 10 STEPS FORWARD & BACKWARD 2 SETS OF 10 STEPS EACH DIRECTION
REVERSE HYPEREXTENSIONS	3 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 4 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 4 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 5 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	2 SETS OF 10 SECONDS
LATERAL LINE HOPS FOR SPEED	2 SETS OF 10 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX 1 SET OF 5 REPS USING AN 18-INCH BOX
DUMBBELL BOX JUMPS	5 SETS OF 3 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
NORDIC CURLS	3 SETS OF 8 REPS
SPANISH SQUAT	2 SETS OF 45 SECONDS
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 5 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 5 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
QUICK MOBILITY	7 MINUTES
JUMP ROPE	3 SETS OF 1 MINUTE
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
	DO NOT JUMP AS HIGH AS YOU CAN - ONLY AT 75%
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 5 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILDS POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 5 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 10 SECONDS
LATERAL LINE HOPS FOR SPEED	3 SETS OF 10 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 2 SETS OF 5 REPS USING A 12-INCH BOX 1 SET OF 5 REPS USING AN 18-INCH BOX
REFESS ECCENTRIC FOCUS + EXPLOSIVE JUMP	4 SETS OF 4 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 15 REPS EACH
NORDIC CURLS	3 SETS OF 10 REPS
LUNGE HOLD	2 SETS OF 45 SECONDS EACH LEG
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 5 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 5 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 6 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
FORWARD & BACKWARD LINE HOPS FOR SPEED	2 SETS OF 10 SECONDS
LATERAL LINE HOPS FOR SPEED	2 SETS OF 10 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 1 SET OF 5 REPS USING A 12-INCH BOX 2 SETS OF 5 REPS USING AN 18-INCH BOX
EGCENTRIC FOCUSED DEEP SQUATS	8 SETS OF 3 REPS WITH 52% 1 REP MAX
SUPERSET WITH...	
EXPLOSIVE STEP UPS	4 SETS OF 4 REPS
*SUPERSET YOUR LAST FOUR SETS OF SQUATS WITH EXPLOSIVE STEP UPS	
BAND PULL THROUGH	3 SETS OF 15 REPS
ONE LEG KNEE TAP SQUATS	4 SETS OF 4 REPS
SUPERSET WITH...	
SINGLE LEG BOX JUMPS	4 SETS OF 4 REPS
*USE YOUR WEAKER LEG FIRST ON BOTH OF THESE EXERCISES	
WALKING LUNGES	4 SETS OF 20 YARDS
HYPEREXTENSIONS	3 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 6 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 10 REPS EACH DIRECTION
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 REPS
*HOLD 5 SECONDS ON THE INSTEP AND 5 SECONDS ON THE ROTATION	
PALLOF PRESS	2 SETS OF 12 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 12 REPS
ASSISTED COPENHAGEN PLANK	2 SETS OF 45 SECONDS
BAND OR CABLE HIP FLEXOR	2 SETS OF 12 REPS
HIP FLEXOR ROCKS	2 SETS OF 12 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 6 DAY 3

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS OF 10 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 1 SET OF 5 REPS USING A 12-INCH BOX 2 SETS OF 5 REPS USING AN 18-INCH BOX
RFESS ECCENTRIC FOCUS + EXPLOSIVE JUMP	4 SETS OF 5 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 15 REPS EACH
NORDIC CURLS	3 SETS OF 10 REPS
SPANISH SQUAT	2 SETS OF 60 SECONDS
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 6 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 6 DAY 5

JUMP/SPEED SESSION AT 100%

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
QUICK MOBILITY	7 MINUTES
JUMP ROPE	3 SETS OF 1 MINUTE
DUMBBELL BOX JUMPS	5 SETS OF 3 REPS
JUMP SESSION AT 100% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 3 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (12 JUMPS @ 25%) 1 SET OF 3 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (12 JUMPS @ 50%) 1 SET OF 3 JUMPS OFF OF EACH APPROACH TOUCHING RIM (12 JUMPS @ 75%) 1 SET OF 3 JUMPS OFF OF EACH APPROACH DUNKING OR TOUCHING AS HIGH AS POSSIBLE (12 JUMPS @ 100%) FREESTYLE DUNKS FOR 10 MINUTES (SET A TIMER)
BACKWARD SPRINTS AT 100% INTENSITY	3 SETS OF 40 YARDS
POWER SKIPS AT 100% INTENSITY	3 SETS OF 40 YARDS
FORWARD SPRINTS AT 100% INTENSITY	3 SETS OF 40 YARDS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 6 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 6 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 7 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
FORWARD & BACKWARD LINE HOPS FOR SPEED	2 SETS OF 10 SECONDS
LATERAL LINE HOPS FOR SPEED	2 SETS OF 10 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 1 SET OF 5 REPS USING A 12-INCH BOX 2 SETS OF 5 REPS USING AN 18-INCH BOX
BARBELL HIP THRUSTS	5 SETS OF 5 REPS
HEX BAR DEADLIFTS	5 SETS OF 5 REPS
*GO AS HEAVY AS POSSIBLE WITH GOOD FORM ON BOTH HIP THRUSTS AND DEADLIFTS	
NORDIC CURLS	3 SETS OF 10 REPS
APPROACH JUMPS	6, 5, 4, 3 REPS OFF OF EACH APPROACH
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 7 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES *SUPERSET WITH...*	3 SETS OF 10 REPS
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 7 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
QUICK MOBILITY	7 MINUTES
JUMP ROPE	3 SETS OF 1 MINUTE
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
	DO NOT JUMP AS HIIGH AS YOU CAN
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 7 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILDS POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 7 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
FORWARD & BACKWARD LINE HOPS FOR SPEED	3 SETS OF 5 SECONDS
LATERAL LINE HOPS FOR SPEED	3 SETS OF 5 SECONDS
SHOCK PAUSE JUMPS	1 SET OF 5 REPS USING A 6-INCH BOX 1 SET OF 5 REPS USING A 12-INCH BOX 1 SET OF 5 REPS USING AN 18-INCH BOX 1 SET OF 5 REPS USING A 24-INCH BOX
BOX SQUATS	1 SET OF 10 REPS WITH 30% 1 REP MAX 1 SET OF 8 REPS WITH 45% 1 REP MAX 1 SET OF 6 REPS WITH 55% 1 REP MAX 4 SETS OF 4 REPS WITH 60% 1 REP MAX
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 15 REPS EACH
DYNAMIC STEP UPS	3 SETS OF 6 REPS
SINGLE LEG RDL'S	3 SETS OF 10 REPS
MONSTER WALKS	2 SETS OF 10 STEPS FORWARD & BACKWARD
HALF MOON WALKS	2 SETS OF 10 STEPS FORWARD & BACKWARD
LATERAL SIDE STEPS	2 SETS OF 10 STEPS EACH DIRECTION
REVERSE HYPEREXTENSIONS	3 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 7 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 7 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 8 DAY 1

I-REP MAX TESTING DAY

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
QUICK MOBILITY	7 MINUTES
DEADLIFT IRM TESTING	1 SET OF 6 REPS WITH 30% IRM 1 SET OF 5 REPS WITH 40% IRM 1 SET OF 4 REPS WITH 50% IRM 1 SET OF 3 REPS WITH 60% IRM 1 SET OF 2 REPS WITH 70% IRM 1 SET OF 1 REP WITH 80% IRM 1 SET OF 1 REP WITH 90% IRM *AS MANY SETS AS NEEDED TO FIND IRM
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 8 DAY 2

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 8 DAY 3

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 8 DAY 4

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 8 DAY 5

I-REP MAX TESTING DAY

DYNAMIC WARM UP

7 MINUTES

REVERSE DEADMILLS

6 MINUTES

QUICK MOBILITY

7 MINUTES

BACK SQUAT IRM TESTING

1 SET OF 6 REPS WITH 30% IRM

1 SET OF 5 REPS WITH 40% IRM

1 SET OF 4 REPS WITH 50% IRM

1 SET OF 3 REPS WITH 60% IRM

1 SET OF 2 REPS WITH 70% IRM

1 SET OF 1 REP WITH 80% IRM

1 SET OF 1 REP WITH 90% IRM

*AS MANY SETS AS NEEDED TO FIND IRM

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 8 DAY 6

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 8 DAY 7

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 9 DAY 1

ISOMETRIC PHASE

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
POGO JUMPS	2 SETS OF 10 REPS
LATERAL JUMPS OVER SMALL OBJECT	2 SETS OF 10 REPS
SKI JUMPS	2 SETS OF 5 REPS
DEPTH JUMPS	4 SETS OF 5 REPS @ 6 INCHES
ISOMETRIC FOCUSED SQUAT	7 SETS OF 3 WITH 55% IRM 1 SET OF 3 WITH 65% IRM 1 SET OF 3 WITH 75% IRM 1 SET OF 3 WITH 80% IRM
SUPERSET WITH...	
EXPLOSIVE STEP UP	3 SETS OF 4 REPS
BAND PULL THROUGH	3 SETS OF 12 REPS
ONE LEG KNEE TAP SQUATS	3 SETS OF 4 REPS
SUPERSET WITH...	
APPROACH BOX JUMP	3 SETS OF 4 REPS
WALKING LUNGES	3 SETS OF 20 YARDS
HYPERTENSIONS	3 SETS OF 10 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 9 DAY 2

MINOR WORKOUT SESSION

WALKING	10 MINUTES
HIP SWIVEL	2 SETS OF 12 REPS
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 REPS
PALLOFF PRESS	2 SETS OF 12 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 12 REPS
ASSISTED COPENHAGEN PLANK	2 SETS OF 45 SECONDS
BAND OR CABLE HIUP FLEXOR	2 SETS OF 12 REPS
HIP FLEXOR ROCKS	2 SETS OF 12 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 9 DAY 3

JUMP/SPEED SESSION AT 50%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS AT 1 MIN
BACKWARDS RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 50% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 50% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%)
	DO NOT JUMP AS HIGH AS YOU CAN
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 9 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 9 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
POGO JUMPS	2 SETS OF 10 REPS
LATERAL JUMPSOVER SMALL OBJECT	2 SETS OF 10 REPS
SKI JUMPS	2 SETS OF 5 REPS
DEPTH JUMPS	1 SET OF 5 REPS AT 6 IN 3 SETS OF 5 REPS AT 12 IN
BOX SQUATS	1 SET OF 10 REPS AT 30% 1RM 1 SET OF 8 REPS AT 45% 1RM 1 SET OF 6 REPS AT 55% 1RM 1 SET OF 4 REPS AT 60% 1RM 3 SETS OF 4 REPS AT 65% 1RM
BAND SQUATS & BAND GOODMORNINGS	3 SETS OF 20 REPS
LATERAL STEP UP	3 SETS OF 8 REPS
SINGLE LEG RDL	3 SETS OF 10 REPS
MONSTER WALKS	3 SETS OF 10 REPS
HALF MOON WALKS	3 SETS OF 10 REPS
LATERAL SIDE STEPS	3 SETS OF 10 REPS
BANDED REVERSE HYPEREXTENSIONS	3 SETS OF 10 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 9 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 9 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 10 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	3 SETS AT 10 SECONDS
POGO JUMPS	3 SETS OF 15 REPS
LATERAL JUMPS OVER SMALL OBJECTS	3 SETS OF 15 REPS
SINGLE LEG LATERAL BOUND TO BOX JUMP	3 SETS OF 5 REPS
DEPTH JUMPS	1 SET OF 3 REPS AT 6 IN 2 SETS OF 3 REPS AT 12 IN 1 SET OF 3 REPS AT 18 IN
POWER CLEAN	5 SETS OF 3 REPS
DRACH BOX JUMPS	3 SETS OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 10 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 10 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS AT 1 MIN
BACKWARDS RUNNING	3 SETS AT 40 YARDS
SKIPPING	3 SETS AT 40 YARDS
FORWARD RUNNING	3 SETS AT 40 YARDS
JUMP SESSION AT 75% INTENSITY	1 SET OF 5 JUMPS OFF OF EACH APPROACH
PRACTICE ALL 4 DIFFERENT APPROACHES:	TOUCHING THE NET (20 JUMPS @ 25%)
RIGHT LEG ONE FOOT	
LEFT LEG ONE FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH
RIGHT/LEFT TWO FOOT	TOUCHING BACKBOARD (20 JUMPS @ 50%)
LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH
	TOUCHING RIM (20 JUMPS @ 75%)
	DO NOT JUMP AS HIGH AS YOU CAN
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 10 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILDS POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 10 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
POGO JUMPS	2 SETS OF 15 REPS
LATERAL JUMPS OVER SMALL OBJECT	2 SETS OF 15 REPS
SINGLE LEG LATERAL BOUND TO BOX JUMP	2 SETS OF 5 REPS
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 2 SETS OF 3 REPS AT 18IN
BOX SQUATS	1 SET OF 10 REPS AT 30% IRM 1 SET OF 8 REPS AT 45% IRM 1 SET OF 6 REPS AT 55% IRM 3 SETS OF 4 REPS AT 60% IRM
BAND SQUATS AND BAND GOODMORNINGS	3 SETS OF 20 REPS (EACH WORKOUT)
SUPERSET WITH...	
CROSSOVER STEP UPS	3 SETS OF 6 REPS
MAKE SURE THE BOX OR BENCH YOU USE SHOULD BE AROUND 18IN HIGH	
BANDED SINGLE LEG RDL	3 SETS OF 8 REPS
MONSTER WALKS	2 SETS OF 10 REPS
HALF MOON WALKS	2 SETS OF 10 REPS
LATERAL SIDE STEPS	2 SETS OF 10 REPS (EACH DIRECTION)
REVERSE HYPEREXTENSIONS	3 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 10 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 10 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 11 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG LATERAL LINE HOPS FOR SPEED	3 SETS AT 5 SECS
SINGLE LEG LATERAL BOUND TO BOX JUMP	3 SETS OF 5 REPS
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 2 SETS OF 3 REPS AT 18IN
BARBELL HIP THRUST	5 SETS OF 5 REPS
HEX BAR DEADLIFT	5 SETS OF 5 REPS
APPROACH JUMPS	1 SET OF 6 REPS 1 SET OF 5 REPS 1 SET OF 4 REPS 1 SET OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 11 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 15 REPS
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 REPS
PALLOF PRESS	2 SETS OF 15 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 15 REPS
COPENHAGEN PLANK	2 SETS OF 30 SECONDS
BAND OR CABLE HIP FLEXOR	2 SETS OF 15 REPS
HIP FLEXOR ROCKS	2 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 11 DAY 3

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG FORWARD & BACKWARD LINE HOPS	3 SETS OF 5 SECONDS
KEEP TRACK OF YOUR REPS. JUMP FORWARD AND BACKWARD AS QUICKLY AS POSSIBLE	
SHOCK PAUSE JUMPS	1 SET OF 5 REPS AT 6IN 1 SET OF 5 REPS AT 12IN 1 SET OF 5 REPS AT 18IN 1 SET OF 5 REPS AT 24IN
DUMBBELL SQUAT JUMPS	5 SETS OF 3 REPS
BAND PULL THROUGH	3 SETS OF 15 REPS
DRACH BOX JUMPS	3 SETS OF 3 REPS
LUNGE HOLD	2 SETS OF 60 SECS EACH LEG
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 11 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	1 SET AT 10 MINS
REVERSE DEADMILLS	1 SET AT 6 MINS
FOAM ROLLING	1 SET AT 5 MINS
9-MINUTE MOBILITY	1 COMPLETE SET
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS EACH LEG
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	1 COMPLETE SET
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 11 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
POGO JUMPS	2 SETS OF 15 REPS
LATERAL JUMPS OVER SMALL OBJECT	2 SETS OF 15 REPS
SKI JUMPS	2 SETS OF 5 REPS EACH LEG
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 2 SETS OF 3 REPS AT 18IN
ISOMETRIC FOCUSED SQUAT	8 SETS OF 3 REPS AT 60% 1RM
SUPERSET WITH...	
EXPLOSIVE STEP UP	3 SETS OF 4 REPS
BAND PULL THROUGH	3 SETS OF 12 REPS
ONE LEG KNEE TAP SQUATS	3 SETS OF 4 REPS
SUPERSET WITH...	
APPROACH BOX JUMP	3 SETS OF 4 REPS
WALKING LUNGES	3 SETS OF 20 YARDS
HYPERTENSIONS	4 SETS OF 10 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 11 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 11 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 12 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG FORWARD & BACKWARD LINE HOPS	2 SETS OF 5 SECS EACH LEG
SINGLE LEG LATERAL LINE HOPS FOR SPEED	2 SETS OF 5 SECS EACH LEG
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 1 SET OF 3 REPS AT 24IN
RFESS ISOMETRIC FOCUS *WEAK LEG FIRST!*	4 SETS OF 3 REPS
BAND SQUATS + BAND GOODMORNINGS	3 SETS OF 10 REPS EACH
BANDED ANKLE JUMPS TO SQUAT JUMPS	3 SETS OF 20 REPS
APPROACH JUMPS	1 SET AT 6 REPS 1 SET AT 5 REPS 1 SET AT 4 REPS 1 SET AT 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 12 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 12 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
	DO NOT JUMP AS HIGH AS YOU CAN
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 12 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILD'S POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 12 DAY 5

JUMP/SPEED SESSION AT 100%

DYNAMIC WARM UP

10 MINUTES

REVERSE DEADMILLS

6 MINS

JUMP ROPE

3 SETS OF 1 MIN

DUMBBELL BOX JUMPS

5 SETS OF 3 REPS

JUMP AS HIGH AS YOU CAN FOR THESE

JUMP SESSION AT 100% INTENSITY

1 SET OF 3 JUMPS OFF OF EACH APPROACH

PRACTICE ALL 4 DIFFERENT APPROACHES:

TOUCHING THE NET (12 JUMPS @ 25%)

RIGHT LEG ONE FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH

LEFT LEG ONE FOOT

TOUCHING BACKBOARD (12 JUMPS @ 50%)

RIGHT/LEFT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH

LEFT/RIGHT TWO FOOT

TOUCHING RIM (12 JUMPS @ 75%)

1 SET OF 3 JUMPS OFF OF EACH APPROACH

DUNKING OR TOUCHING AS HIGH AS POSSIBLE

(12 JUMPS @ 100%)

FREESTYLE DUNKS FOR 15 MINUTES (SET A TIMER)

BACKWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

POWER SKIPS AT 100% INTENSITY

3 SETS OF 40 YARDS

FORWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 12 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 12 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 13 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG LATERAL LINE HOPS FOR SPEED *AS FAST AS POSSIBLE*	2 SETS OF 5 SECS
POGO JUMPS	3 SETS OF 15 REPS
HANG CLEAN	5 SETS OF 3 REPS
ISOMETRIC FOCUSED SQUAT *SUPERSET WITH...*	4 SETS OF 3 REPS (30%,40%,50%,60% IRM)
STANDING BOX JUMP	4 SETS OF 3 REPS (70% IRM)
	4 SETS OF 4 REPS
APPROACH JUMPS	4 SETS OF (6, 5, 4, 3) REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 13 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 15 REPS
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 REPS
PALLOF PRESS	2 SETS OF 15 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 15 REPS
COPENHAGEN PLANK	2 SETS OF 30 SECONDS
BAND OR CABLE HIP FLEXOR	2 SETS OF 15 REPS
HIP FLEXOR ROCKS	2 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 13 DAY 3

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG FORWARD & BACKWARD LINE HOPS	2 SETS OF 5 SECS EACH LEG
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 1 SET OF 3 REPS AT 24IN
RFESS ISOMETRIC FOCUS	4 SETS OF 4 REPS
WEAK LEG FIRST. DOWN FAST, HOLD, EXPLOSIVE JUMP!	
BAND PULL THROUGH	3 SETS OF 15 REPS
BANDED ANKLE JUMPS TO SQUAT JUMPS	3 SETS OF 20 REPS
10 ANKLE JUMPS, IMMEDIATELY TO 10 SQUAT JUMPS! (REST 1-2 MINS) JUMP AS HIGH AS POSSIBLE	
DRACH BOX JUMPS	3 SETS OF 3 REPS
ELEVATE THE BALL OF YOUR FOOT ON A WEIGHT PLATE	
APPROACH JUMPS	1 SET AT 6 REPS 1 SET AT 5 REPS 1 SET AT 4 REPS 1 SET AT 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 13 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 13 DAY 5

JUMP/SPEED SESSION AT 100%

DYNAMIC WARM UP

10 MINUTES

REVERSE DEADMILLS

6 MINS

JUMP ROPE

3 SETS OF 1 MIN

DUMBBELL BOX JUMPS

5 SETS OF 3 REPS

JUMP AS HIGH AS YOU CAN FOR THESE

JUMP SESSION AT 100% INTENSITY

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING THE NET (12 JUMPS @ 25%)

PRACTICE ALL 4 DIFFERENT APPROACHES:

RIGHT LEG ONE FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING BACKBOARD (12 JUMPS @ 50%)

LEFT LEG ONE FOOT

RIGHT/LEFT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING RIM (12 JUMPS @ 75%)

LEFT/RIGHT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
DUNKING OR TOUCHING AS HIGH AS POSSIBLE
(12 JUMPS @ 100%)

FREESTYLE DUNKS FOR 20 MINUTES (SET A TIMER)

BACKWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

POWER SKIPS AT 100% INTENSITY

3 SETS OF 40 YARDS

FORWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 13 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 13 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 14 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG FORWARD & BACKWARD LINE HOPS	2 SETS AT 10 SECS
SINGLE LEG LATERAL LINE HOPS FOR SPEED	3 SETS AT 10 SECS
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 1 SET OF 3 REPS AT 24IN
DUMBBELL SQUAT JUMPS	3 SETS OF 6 REPS
BARBELL HIP THRUST	5 SETS OF 5 REPS
HEX BAR DEADLIFT	5 SETS OF 5 REPS
APPROACH JUMPS	1 SET OF 6 REPS 1 SET OF 5 REPS 1 SET OF 4 REPS 1 SET OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 14 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 14 DAY 3

JUMP/SPEED SESSION AT 50%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 50% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 50% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%)
DO NOT JUMP AS HIIGH AS YOU CAN	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 14 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILD'S POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 14 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
SINGLE LEG LATERAL LINE HOPS FOR SPEED *AS FAST AS POSSIBLE*	2 SETS OF 10 SECS
POGO JUMPS	3 SETS OF 15 REPS
HANG CLEAN	5 SETS OF 3 REPS
ISOMETRIC FOCUSED SQUAT *SUPERSET WITH...*	4 SETS OF 3 REPS (30%,40%,50%,60% IRM) 2 SETS OF 3 REPS (70% IRM) 2 SETS OF 3 REPS (80 IRM)
STANDING BOX JUMP	4 SETS OF 4 REPS
APPROACH JUMPS	4 SETS OF (6, 5, 4, 3) REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 14 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 14 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 15 DAY 1

I-REP MAX TESTING DAY

DYNAMIC WARM UP 7 MINUTES

REVERSE DEADMILLS 6 MINUTES

QUICK MOBILITY 1 COMPLETE SET

OPTIONAL-FOR WARM UP

DEADLIFT SETS 1-7 ARE WARM UP SETS.

SET 1: 6 REPS WITH 30% 1 REP MAX

SET 2: 5 REPS WITH 40% 1 REP MAX

SET 3: 4 REPS WITH 50% 1 REP MAX

SET 4: 3 REPS WITH 60% 1 REP MAX

SET 5: 2 REPS WITH 70% 1 REP MAX

SET 6: 1 REP WITH 80% 1 REP MAX

SET 7: 1 REP WITH 90% 1 REP MAX

AFTER SET 7, TAKE AS MANY SETS AS NEEDED TO **FIND YOUR NEW ONE REP MAX!**

BREATHING AND VISUALIZATION 5-10 MINUTES

WEEK 15 DAY 2

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 15 DAY 3

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 15 DAY 4

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 15 DAY 5

I-REP MAX TESTING DAY

DYNAMIC WARM UP

7 MINUTES

REVERSE DEADMILLS

6 MINUTES

QUICK MOBILITY

1 COMPLETE SET

OPTIONAL-FOR WARM UP

BACKSQUAT

SETS 1-7 ARE WARM UP SETS

SET 1: 6 REPS WITH 30% 1 REP MAX

SET 2: 5 REPS WITH 40% 1 REP MAX

SET 3: 4 REPS WITH 50% 1 REP MAX

SET 4: 3 REPS WITH 60% 1 REP MAX

SET 5: 2 REPS WITH 70% 1 REP MAX

SET 6: 1 REP WITH 80% 1 REP MAX

SET 7: 1 REP WITH 90% 1 REP MAX

AFTER SET 7, TAKE AS MANY SETS AS NEEDED TO FIND YOUR **NEW ONE REP MAX!**

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 15 DAY 6

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 15 DAY 7

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 16 DAY 1

CONCENTRIC PHASE

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
LATERAL LINE HOPS FOR SPEED *RECORD YOUR REPS*	2 SETS OF 10 SECS
CONCENTRIC FOCUSED SPEED SQUAT	6 SETS OF 3 REPS AT 45% IRM 2 SETS OF 2 REPS (60%,70%) 2 SETS OF 1 REP AT 80% IRM
SUPERSET YOUR LAST THREE SETS OF SQUATS WITH STANDING BOX JUMPS. *DON'T USE BANDS FOR THE LAST TWO SETS. IF YOU DON'T HAVE BANDS, JUST DO THESE WITHOUT THEM.	
STANDING BOX JUMPS	3 SETS OF 4 REPS
HIGH PULLS	4 SETS OF 8 REPS AT 25% IRM 2 SETS OF 4 REPS AT 30% IRM 2 SETS OF 3 REPS AT 35% IRM 2 SETS OF 2 REPS AT 40% IRM
SINGLE LEG RDL *WEAK LEG FIRST*	4 SETS OF 8 REPS
HYPEREXTENSIONS	4 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 16 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 15 REPS EACH SIDE
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 SECONDS EACH SIDE
PALLOF PRESS	2 SETS OF 15 REPS
PALLOF PRESS WALKOUTS	2 SETS OF 5 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 15 REPS
COPENHAGEN PLANK WITH DUMBBELL	2 SETS OF 30 SECS
BAND OR CABLE HIP FLEXOR	2 SETS OF 15 REPS
HIP FLEXOR ROCKS	2 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 16 DAY 3

JUMP/SPEED SESSION AT 50%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 50% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 50% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 50% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%)
DO NOT JUMP AS HIIGH AS YOU CAN	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 16 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 16 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
FORWARD & BACKWARD LINE HOPS	2 SETS AT 10 SECS
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 1 SET OF 3 REPS AT 24IN
DUMBBELL SQUAT JUMPS	3 SETS OF 4 REPS
RFESS CONCENTRIC FOCUS	3 SETS OF 10 REPS *AS FAST AS POSSIBLE
HEX BAR DEADLIFT *SUPERSET WITH...*	4 SETS OF 10 SECONDS *AS MANY AS POSSIBLE
BAND ACCELERATED SQUAT JUMPS	4 SETS OF 4 REPS
APPROACH JUMPS	1 SET OF 6 REPS 1 SET OF 5 REPS 1 SET OF 4 REPS 1 SET OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 16 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 16 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 17 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	2 SETS 10 SECOND *AS FAST AS POSSIBLE
PISTOL SQUAT *SUPERSET WITH...*	4 SETS *USE WEAK LEG FIRST; GO TO FAILURE ON WEAK LEG AND MATCH THOSE REPS ON STRONG LEG
BROAD JUMPS	4 SETS OF 3 REPS
BANDED ANKLE JUMPS TO SQUAT JUMPS	3 SETS OF 20 REPS
BAND PULL THROUGH *SUPERSET WITH...*	3 SETS OF 15 REPS
BAND GOOD MORNINGS	
APPROACH JUMPS	1 SET OF 6 REPS 1 SET OF 5 REPS 1 SET OF 4 REPS 1 SET OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 17 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 17 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
DO NOT JUMP AS HIIGH AS YOU CAN	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 17 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILD'S POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 17 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
LATERAL LINE HOPS FOR SPEED	2 SETS OF 10 SECS *AS FAST AS POSSIBLE
BAND ACCERLERATED VERTICAL JUMPS	3 SETS OF 10 REPS
BAND ACCELERATED SPLIT SQUAT JUMPS	3 SETS OF 10 REPS
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 2 SET OF 3 REPS AT 24IN
POWER CLEAN	5 SETS OF 3 REPS
CONCENTRIC FOCUSED SPEED SQUAT *SUPERSET WITH...*	4 SETS AT 10 SECONDS AS MANY REPS AS POSSIBLE IN 10 SECONDS
STANDING BOX JUMP	4 SETS OF 4 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 17 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 17 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 18 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP 7 MINUTES

REVERSE DEADMILLS 6 MINUTES

FORWARD & BACKWARD LINE HOPS FOR SPEED 2 SETS OF 10 SECS

RECORD YOUR REPS & GET AS MANY AS POSSIBLE

CONCENTRIC FOCUSED SPEED SQUAT 6 SETS OF 3 REPS AT 50% IRM
2 SETS OF 2 REPS (65%,75%)
2 SETS OF 1 REP AT 85% IRM

SUPERSET YOUR LAST THREE SETS OF SQUATS WITH STANDING BOX JUMPS.

***DON'T USE BANDS FOR THE LAST TWO SETS. IF YOU DON'T HAVE BANDS, JUST DO THESE WITHOUT THEM.**

STANDING BOX JUMPS 3 SETS OF 4 REPS

HIGH PULLS 2 SETS OF 6 REPS AT 20% IRM
2 SETS OF 3 REPS AT 25% IRM
2 SETS OF 2 REPS AT 30% IRM

WALKING LUNGES 4 SETS OF 20 YARDS

BANDED REVERSE HYPEREXTENSIONS 4 SETS OF 10 REPS

BREATHING AND VISUALIZATION 5-10 MINUTES

WEEK 18 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 15 REPS EACH SIDE
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 SECONDS EACH SIDE
PALLOF PRESS	2 SETS OF 15 REPS
PALLOF PRESS WALKOUTS	2 SETS OF 5 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 15 REPS
COPENHAGEN PLANK WITH DUMBBELL	2 SETS OF 30 SECS
BAND OR CABLE HIP FLEXOR	2 SETS OF 15 REPS
HIP FLEXOR ROCKS	2 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 18 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
	DO NOT JUMP AS HIIGH AS YOU CAN
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 18 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 18 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	2 SETS OF 10 SECS *AS FAST AS POSSIBLE
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 2 SET OF 3 REPS AT 24IN
DUMBBELL SQUAT JUMPS	3 SETS OF 4 REPS
RFESS CONCENTRIC FOCUS	3 SETS OF 10 REPS *AS FAST AS POSSIBLE
HEX BAR DEADLIFT *SUPERSET WITH...*	4 SETS OF 10 SECONDS *AS MANY AS POSSIBLE
BAND ACCELERATED SQUAT JUMPS	4 SETS OF 4 REPS
APPROACH JUMPS	1 SET OF 6 REPS 1 SET OF 5 REPS 1 SET OF 4 REPS 1 SET OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 18 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 18 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 19 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
LATERAL LINE HOPS FOR SPEED	2 SETS 10 SECOND *AS FAST AS POSSIBLE
PISTOL SQUAT *SUPERSET WITH...*	4 SETS *USE WEAK LEG FIRST; GO TO FAILURE ON WEAK LEG AND MATCH THOSE REPS ON STRONG LEG
BROAD JUMPS	4 SETS OF 3 REPS
BANDED ANKLE JUMPS TO SQUAT JUMPS	3 SETS OF 20 REPS
BAND PULL THROUGH *SUPERSET WITH...*	3 SETS OF 15 REPS
BAND GOOD MORNINGS	3 SETS OF 15 REPS
APPROACH JUMPS	1 SET OF 6 REPS 1 SET OF 5 REPS 1 SET OF 4 REPS 1 SET OF 3 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 19 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 19 DAY 3

JUMP/SPEED SESSION AT 100%

DYNAMIC WARM UP

10 MINUTES

REVERSE DEADMILLS

6 MINS

JUMP ROPE

3 SETS OF 1 MIN

DUMBBELL BOX JUMPS

5 SETS OF 3 REPS

JUMP AS HIGH AS YOU CAN FOR THESE

JUMP SESSION AT 100% INTENSITY

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING THE NET (12 JUMPS @ 25%)

PRACTICE ALL 4 DIFFERENT APPROACHES:

RIGHT LEG ONE FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING BACKBOARD (12 JUMPS @ 50%)

LEFT LEG ONE FOOT

RIGHT/LEFT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING RIM (12 JUMPS @ 75%)

LEFT/RIGHT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
DUNKING OR TOUCHING AS HIGH AS POSSIBLE
(12 JUMPS @ 100%)

FREESTYLE DUNKS FOR 25 MINUTES (SET A TIMER)

BACKWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

POWER SKIPS AT 100% INTENSITY

3 SETS OF 40 YARDS

FORWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 19 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILDS POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROTUINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 19 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
FORWARD & BACKWARD LINE HOPS FOR SPEED	2 SETS OF 10 SECS *RECORD YOUR REPS & GET AS MANY AS POSSIBLE*
BAND ACCELERATED VERTICAL JUMPS	3 SETS OF 10 REPS
BAND ACCELERATED SPLIT SQUAT JUMPS	3 SETS OF 10 REP
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 2 SET OF 3 REPS AT 24IN
POWER CLEANS	5 SETS OF 3 REPS
CONCENTRIC FOCUSED SPEED SQUAT	4 SETS OF 10 SECS *AS FAST AS POSSIBLE AT 40% IRM
SUPERSET EACH SET OF SQUATS WITH STANDING BOX JUMPS. *IF YOU DON'T HAVE BANDS, JUST DO THE SQUATS WITHOUT THEM.	
STANDING BOX JUMPS	3 SETS OF 4 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 19 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 2	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 19 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 20 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	2 SETS OF 10 SECS *AS FAST AS POSSIBLE
CONCENTRIC FOCUSED SPEED SQUAT	6 SETS OF 3 REPS AT 50% IRM 2 SETS OF 2 REPS (65%,75%) 2 SETS OF 1 REP AT 85% IRM
SUPERSET YOUR LAST THREE SETS OF SQUATS WITH STANDING BOX JUMPS. *DON'T USE BANDS FOR THE LAST TWO SETS. IF YOU DON'T HAVE BANDS, JUST DO THESE WITHOUT THEM.	
STANDING BOX JUMPS	3 SETS OF 4 REPS
HIGH PULLS	4 SETS OF 8 REPS AT 20% IRM 2 SETS OF 4 REPS AT 25% IRM 2 SETS OF 3 REPS AT 30% IRM 2 SETS OF 2 REPS AT 35% IRM
SINGLE LEG RDL	4 SETS OF 8 REPS
HYPEREXTENSIONS	4 SETS OF 20 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 20 DAY 2

MINOR WORKOUT SESSION

WALK	10 MINUTES
HIP SWIVEL	2 SETS OF 15 REPS EACH SIDE
LUNGE ELBOW TO INSTEP WITH ROTATION HOLD	1 SET OF 5 SECONDS EACH SIDE
PALLOF PRESS	2 SETS OF 15 REPS
PALLOF PRESS WALKOUTS	2 SETS OF 5 REPS
SPLIT STANCE CABLE ROTATION	2 SETS OF 15 REPS
COPENHAGEN PLANK WITH DUMBBELL	2 SETS OF 30 SECS
BAND OR CABLE HIP FLEXOR	2 SETS OF 15 REPS
HIP FLEXOR ROCKS	2 SETS OF 15 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 20 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
DO NOT JUMP AS HIGH AS YOU CAN	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 20 DAY 4

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 3	8 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 20 DAY 5

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
LATERAL LINE HOPE FOR SPEED	2 SETS OF 10 SECS *AS FAST AS POSSIBLE
DEPTH JUMPS	1 SET OF 3 REPS AT 6IN 1 SET OF 3 REPS AT 12IN 1 SET OF 3 REPS AT 18IN 2 SET OF 3 REPS AT 24IN
DUMBBELL SQUAT JUMPS	3 SETS OF 4 REPS
RFESS CONCENTRIC FOCUS	3 SETS OF 10 REPS *AS FAST AS POSSIBLE
HEX BAR DEADLIFT *SUPERSET WITH...*	4 SETS OF 10 SECONDS *AS MANY AS POSSIBLE
BAND ACCELERATED SQUAT JUMPS	4 SETS OF 4 REPS
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 20 DAY 6

MINOR WORKOUT SESSION

WALK	10 MINUTES
BALANCE SERIES	9 MINUTES
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 20 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 21 DAY 1

MAIN WORKOUT SESSION

DYNAMIC WARM UP	7 MINUTES
REVERSE DEADMILLS	6 MINUTES
ELEVATED SPEED STEP	2 SETS OF 10 SECS *AS FAST AS POSSIBLE
FORWARD & BACKWARD LINE HOPS FOR SPEED	2 SETS OF 10 SECS *AS FAST AS POSSIBLE
CONCENTRIC FOCUSED SPEED SQUAT	6 SETS OF 3 REPS AT 50% IRM 2 SETS OF 2 REPS (65%,75%) 2 SETS OF 1 REP AT 85% IRM
SUPERSET YOUR LAST THREE SETS OF SQUATS WITH STANDING BOX JUMPS. *DON'T USE BANDS FOR THE LAST TWO SETS. IF YOU DON'T HAVE BANDS, JUST DO THESE WITHOUT THEM.	
STANDING BOX JUMPS	3 SETS OF 4 REPS
HIGH PULLS	4 SETS OF 8 REPS AT 20% IRM 2 SETS OF 4 REPS AT 25% IRM 2 SETS OF 3 REPS AT 30% IRM 2 SETS OF 2 REPS AT 35% IRM
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 21 DAY 2

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT 4	7 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 21 DAY 3

JUMP/SPEED SESSION AT 75%

DYNAMIC WARM UP	10 MINUTES
REVERSE DEADMILLS	6 MINS
QUICK MOBILITY	1 COMPLETE SET
JUMP ROPE	3 SETS OF 1 MIN
BACKWARDS RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
SKIPPING AT 75% INTENSITY	3 SETS OF 40 YARDS
FORWARD RUNNING AT 75% INTENSITY	3 SETS OF 40 YARDS
JUMP SESSION AT 75% INTENSITY PRACTICE ALL 4 DIFFERENT APPROACHES: RIGHT LEG ONE FOOT LEFT LEG ONE FOOT RIGHT/LEFT TWO FOOT LEFT/RIGHT TWO FOOT	1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING THE NET (20 JUMPS @ 25%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING BACKBOARD (20 JUMPS @ 50%) 1 SET OF 5 JUMPS OFF OF EACH APPROACH TOUCHING RIM (20 JUMPS @ 75%)
DO NOT JUMP AS HIGH AS YOU CAN	
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 21 DAY 4

MINOR WORKOUT SESSION

WALK	10 MINUTES
LYING KNEE TO CHEST	1 SET OF 30 SECONDS
SUPINE PIRIFORMIS STRETCH	1 SET OF 30 SECONDS
SUPINE LOWER TRUNK ROTATION	1 SET OF 60 SECONDS
LYING KNEE PUMPS	2 SETS OF 30 SECONDS
CHILD'S POSE	1 SET OF 60 SECONDS
HIP FLEXOR ROCKS	2 SETS OF 10 REPS
FOOT STRENGTHENING ROUTINE	22 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 21 DAY 5

JUMP/SPEED SESSION AT 100%

DYNAMIC WARM UP

10 MINUTES

REVERSE DEADMILLS

6 MINS

JUMP ROPE

3 SETS OF 1 MIN

DUMBBELL BOX JUMPS

5 SETS OF 3 REPS

JUMP AS HIGH AS YOU CAN FOR THESE

JUMP SESSION AT 100% INTENSITY

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING THE NET (12 JUMPS @ 25%)

PRACTICE ALL 4 DIFFERENT APPROACHES:

RIGHT LEG ONE FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING BACKBOARD (12 JUMPS @ 50%)

LEFT LEG ONE FOOT

RIGHT/LEFT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
TOUCHING RIM (12 JUMPS @ 75%)

LEFT/RIGHT TWO FOOT

1 SET OF 3 JUMPS OFF OF EACH APPROACH
DUNKING OR TOUCHING AS HIGH AS POSSIBLE
(12 JUMPS @ 100%)

FREESTYLE DUNKS FOR 30 MINUTES (SET A TIMER)

BACKWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

POWER SKIPS AT 100% INTENSITY

3 SETS OF 40 YARDS

FORWARD SPRINTS AT 100% INTENSITY

3 SETS OF 40 YARDS

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 21 DAY 6

MINOR WORKOUT SESSION

EXERCISE BIKE	10 MINUTES
REVERSE DEADMILLS	6 MINUTES
FOAM ROLLING	5 MINUTES
9 MINUTE MOBILITY	9 MINUTES
SINGLE LEG CALF RAISES	3 SETS OF 10 REPS
SUPERSET WITH...	
TIBIALIS RAISES	3 SETS OF 20 REPS
CORE WORKOUT I	9 MINUTES
BREATHING AND VISUALIZATION	5-10 MINUTES

WEEK 21 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 22 DAY 1

I-REP MAX TESTING DAY

DYNAMIC WARM UP 7 MINUTES

REVERSE DEADMILLS 6 MINUTES

QUICK MOBILITY 1 COMPLETE SET

OPTIONAL FOR WARM UP

DEADLIFT SETS 1-7 ARE WARM UP SETS.

SET 1: 6 REPS WITH 30% I REP MAX

SET 2: 5 REPS WITH 40% I REP MAX

SET 3: 4 REPS WITH 50% I REP MAX

SET 4: 3 REPS WITH 60% I REP MAX

SET 5: 2 REPS WITH 70% I REP MAX

SET 6: 1 REP WITH 80% I REP MAX

SET 7: 1 REP WITH 90% I REP MAX

AFTER SET 7, TAKE AS MANY SETS AS NEEDED TO FIND YOUR **NEW ONE REP MAX!**

BREATHING AND VISUALIZATION 5-10 MINUTES

WEEK 22 DAY 2

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 22 DAY 3

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 22 DAY 4

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 22 DAY 5

I-REP MAX TESTING DAY

QUICK MOBILITY

OPTIONAL FOR WARM UP

1 COMPLETE SET

BACK SQUAT

SETS 1-7 ARE WARM UP SETS.

SET 1: 6 REPS WITH 30% 1 REP MAX

SET 2: 5 REPS WITH 40% 1 REP MAX

SET 3: 4 REPS WITH 50% 1 REP MAX

SET 4: 3 REPS WITH 60% 1 REP MAX

SET 5: 2 REPS WITH 70% 1 REP MAX

SET 6: 1 REP WITH 80% 1 REP MAX

SET 7: 1 REP WITH 90% 1 REP MAX

AFTER SET 7, TAKE AS MANY SETS AS NEEDED TO FIND YOUR **NEW ONE REP MAX!**

BREATHING AND VISUALIZATION

5-10 MINUTES

WEEK 22 DAY 6

DELOAD DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WEEK 22 DAY 7

REST DAY

ACCEPTABLE OPTIONS FOR YOUR RECOVERY DAY:

- GOING FOR A WALK
- FOAM ROLLING
- MASSAGE GUN
- ICE BATH
- LIGHT SKILLS WORKOUT

ANYTHING ELSE THAT PROMOTES RECOVERY AND DOES NOT CAUSE MUSCLE/TENDON BREAKDOWN

WHAT SHOULD YOU DO NOW?

CONGRATULATIONS!

I can assure you that less than 10% of the people who buy this program actually complete it.

You have taken action and I am sure that you are seeing tremendous results from your efforts.

Those results are well deserved.

At this point, you should take a two-week break from all leg, core and vertical jump training. Give your legs a rest and allow your muscles and nervous system to fully recover.

In two weeks, you may repeat the program and continue to implement the progressive overload principle by continually increasing the weight that you use for each exercise. Remember, if you don't use it, you lose it. You must continue to participate in vertical jump training as long as you wish to jump higher.

If you don't, you are like the bodybuilder who wants his muscles to stay huge but doesn't want to work out anymore.

With that said, you should be proud of yourself! I would also love to hear about your results, so if you would do me the honor, please email me at NathanaelMortonCoching@gmail.com and tell me about your vertical jump training journey!

Until next time, I wish you the best!

Committed to Excellence,

NATHANAEL MORTON

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Edited and finished by Kevin McArdle