

Week	Jump Rope	Calf Raises	Thrust-Ups	Step-Ups	Approach Jumps	Squat Jumps
1	1x100	5x20	2x20	2x15	1x10	1x15
2	1x150	5x25	2x20	2x15	1x10	1x15
3	2x125	5x30	3x30	2x20	1x10	1x20
4	2x150	5x35	3x30	2x20	1x10	1x20
5	3x125	5x40	4x40	2x25	1x10	2x15
6	3x150	5x45	4x40	2x25	1x10	2x15
7	4x150	5x50	5x50	2x30	1x10	2x20
8	4x175	5x55	5x50	2x30	1x10	2x20
9	5x175	5x60	6x50	2x40	1x10	3x15
10	5x200	5x70	6x50	2x50	1x10	3x15
11	6x200	5x80	7x50	2x60	1x10	3x20
12	6x225	5x90	7x60	2x70	1x10	3x20

Routine should be completed 3 times per week on the same days... I.e., Monday, Wednesday, Friday. You need at least one rest day in between workouts. Training on off days is fine.

\*\*\***Squat Jumps** should only be performed 1 time per week maximum. Doing more than 1 time, can result in longer muscle recovery and not the expected gains required/wanted. To begin the exercise, simply squat down to a sitting position with your legs bent at a 90-degree angle. Your thighs must be parallel to the ground.. Make sure your back is completely straight and you are supporting yourself on the balls of your feet with your heels off of the ground. Keeping your head up and looking straight ahead and lifting your heels up can achieve this. You will be sitting, but slightly standing on your tiptoes. To perform the exercise, maintain the sitting position, look straight ahead and hop/bounce no more than 3-5 inches off of the ground. Your thighs **MUST** never leave the parallel position. You will use your calves and thighs to help you jump. One hop/bounce is considered one repetition. Explode to full jump on last repetition of each set.

### **Jump Rope**

Using a skipping rope, jump at a maximum pace of 1.5 jumps per second, keeping knees bent at ¼ squat through out. Repetitions should be completed on 2 feet at all times.

### **Calf Raise**

Using a step, hang feet over so that heels can drop below the level surface. One repetition is considered complete when the heel is lowered as far as possible and the ankle is extended as far up as possible. Repetitions are to be completed on one foot. **THIS EXERCISE HURTS A BIT...** but you will have great calves to show for it!!

### **Thrust-Ups**

Keeping the knees flexed so that they do not assist in jumping, use only the calf muscles. Jump on the spot, once your toes touch the ground explode back up into the air as high as possible (again, with out using your upper leg muscles) Try to minimize the time on the ground. To be completed on 2 feet

### **Step-Ups**

Use a step (chair) where the knees are bent to 90 degrees. Have one foot on the ground, one foot on the step (chair) Push up with the foot on the step exploding into the air, once in the air, do a scissor kick so that the opposite foot is now on top of the chair and the other foot on the ground. One repetition is complete once a single jump from each leg has been performed.

### **Approach Jumps**

Use a 3-step approach, maximizing height with every jump. Do not use your arms. This exercise is to exhaust your legs.