

Read Before You Begin Phase 2

Note: Some of these exercises are combinations of Plyos from the first phase, but now that you are a more developed jumper and athlete we can begin super sets with them.

Note: As we get into Phase 2 of the workout we will begin more weight room movements, some of which require more form for safety, so make sure you have good form and start with a low weight.

Note: If you have questions about the exercises or anything else related to the 2nd phase of the program you can head over to the <u>FAQ</u> section of the website. If you need a more specific question then your best option is to Snap it <u>@TTSVert.</u>

Note: When you see numbers like this in the reps: 6 | 4 is means to do the first exercise 6 times and then the second second exercise immediately after for 4 times.

Note: Do you want it? GET AFTER IT NOW!



Before EVERY Workout ... (yes still)

Dynamic Warmup (on members page) Activation (on members page)

Day 1 – Monday

Exercise	Sets	Reps	Comments
DL Ski Jumps & Tuck Jump	2	8	Try to get further with each jump and explode vertically as high as possible
SL Ski Jumps Alt & SL Butt Kicks	2	6	Do the lateral jump and then do 6 butt kicks on the landing leg
Reactive 180 Degree Box Jumps	2	5 (each side)	Face away and then do a 180 degree jump and explode onto the box immediately
Straight Leg Standing Box Jumps	2	6	Max effort get as high as you can while keeping your legs straight
20 Squats of Hell	1	20	Pick a weight you can do 10 reps with and then do 20 in as few sets as possible
Hip Flexor Holds	3	12s	Dumbbell or cable holds for 12s each leg

Day 2 – Tuesday

Rest/Foam Roll

Day 3 – Wednesday

---Advanced Dunk Tactics (If You Have)---

Day 4 – Thursday

Rest/Foam Roll



Day 5 - Friday

Exercise	Sets	Reps	Comments
Weighted Tuck Jumps & Speed Squat Jumps	2	10	Do 5 weighted squat jumps w/ dumbbells and then drop them and do 5 bodyweight as fast/explosive as you can
Single Leg Broad Bounds	2	15 yds (each leg)	Get a little hop into it and do consecutive and quick broad jumps off 1 leg. Almost like bounding.
Seated Calf Raises & Single Leg Butt Kicks	2	12	Do weighted calf raises on one leg (slow and controlled) and then do your butt kicks right after. Switch.
Deadlift	3	6	Get a semi-heavy weight that you can maintain form with. Keep posture and explode
Bulgarian Split Squat Var 1	2	10 (each leg)	Perform the first variation (close)
Glute-Ham Raises	3	12	Slow down and then help yourself up as needed

Day 6 – Saturday

Rest/Foam Roll

Day 7 – Sunday



Day 8 - Monday

Exercise	Sets	Reps	Comments
Split Jumps && Rocket Jumps	2	10 5	Do 10 split jumps total and then do 5 rocket jumps as high as you can
DL Reactive Ski Jumps	2	5 (each side)	Explode laterally to land in front of the box and then explode onto the box
Split Shock Jump	2	3 (each side)	Fall off the box and catch in a split hold
Reactive SL Butt Kicks	2	3 6	Do 3 SL butt kicks and then do a box jump immediately after for 6 total set, 3 each leg
Squat && Box Jump	2	12 6	Use a weight you can do 12 reps with and then after squatting do 6 box jumps
Hip Flexor Holds w/ extension	3	8	Dumbbell or cable hip flexor holds with an extension while at 90 degrees
Seated Calf Raises	3	15	Get a nice burn doing these and stretch them out after each set

Day 9 - Tuesday

Rest/Foam Roll

Day 10 – Wednesday

---Advanced Dunk Tactics (If You Have)---

Day 11 – Thursday



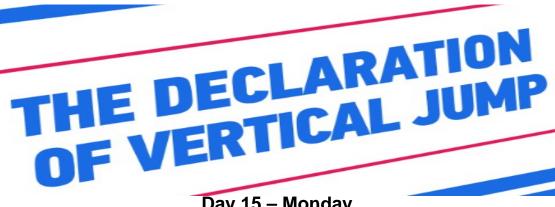
Day 12 – Friday

Exercise	Sets	Reps	Comments
Cheerleaders & Pogos	2	6 6	Do 6 cheerleaders and then immediately do 6 pogos
Seated Box Jump or Tuck Jump (if no box)	2	10	Start seated with your core tight then explode on the box. Don't use momentum.
Knee Pop-Ups	2	6	Focus on exploding quick and hard by using your arms. Less reps, but go full speed.
SL Goblet Squats & SL Box Jump	2	6 3 (each leg)	Hold a dumbbell like a goblet and then slowly sit down onto a bench and explode up for 6 reps and then do 3 SLs
Eccentric Squats	3	3	Go as SLOW as you possibly can. Do 80% of your 1 Rep Max
Hip Flexor Drives	3	12	Dumbbell or cable do hip flexor drives make sure to use arms

Day 13 – Saturday

Rest/Foam Roll

Day 14 – Sunday



Day 15 – Monday

Exercise	Sets	Reps	Comments
Reactive Jumps	2	6	Try to jump higher than you did in Phase 1
SL Reactive Ski Jumps Alternating	2	6 (each leg)	Jump laterally landing on the opposite foot and then explode onto a box off that single foot
45 Degree Box Jumps	2	5 (each side)	Work on your drop step and explode up
SL Low Box Jumps (each leg)	2	6	Start with a low box and perform a single leg box jump
Cluster Squats	AMAP	3	Pick a weight you can do 3-5 reps for. Do 3 reps and then rest 30 seconds and do another 3 reps. Do until you are no longer able to comfortably get 3 and maintain form.
Seated Calf Raises	3	15	Get a nice burn doing these and stretch them out after each set
Straight Leg Deadlift (light)	2	10	Use a light weight to simply get a nice stretch in the hamstrings and lower back

Day 16 – Tuesday

Rest/Foam Roll

Day 17 – Wednesday

---Advanced Dunk Tactics (If You Have)---



Day 18 – Thursday

Rest/Foam Roll

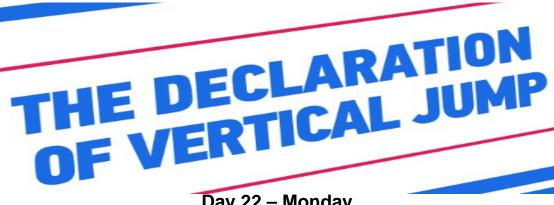
Day 19 - Friday

Exercise	Sets	Reps	Comments
Weighted Tuck Jumps	2	8	Explode as high as possible on these
Split Squat Jumps and SL Butt Kicks	2	10 10	Do 10 total split squat jumps and then do 5 butt kicks on each leg for 10 total
SL Approaches	2	5 (each side)	Work on your approach and focus on arm and knee drive
DL Approaches	1	10	10 Max effort jumps with an approach
Bulgarian Split Squats Var 2	2	8	Grab dumbbells and go a little heavier this time and do the wide version
Concentric Squats	3	3	Lower down to the box and then pause and explode up as FAST as possible. Time if possible.
Hip Flexor Holds	3	12s	Dumbbell or cable holds for 12s each leg (add more weight)

Day 20 - Saturday

Rest/Recover

Day 21 – Sunday



Day 22 – Monday

Exercise	Sets	Reps	Comments
SL Alt Ski Jumps & SL Butt Kicks	2	10	Explode laterally as far as possible and then when you land a butt kick and then do your lateral jump the other way
DL Shock Jumps	2	6	Raise the box higher than you did in Phase 1 and stick the landing softly
Cheerleaders & Pogos	2	5 5	Do 5 cheerleaders and then 5 pogos immediately after
SL Box Jumps	2	6	Explode as high as you can toff of one foot
20 Squats of Hell	1	20	Pick a weight you can do 10 reps with and then do 20 in as few sets as possible
Seated Calf Raises	4	25	BURN them out
Straight Leg Deadlift	2	10	Little heavier and nice and slow keeping a slight bend to your knees

Day 23 – Tuesday

Rest/Foam Roll

Day 24 – Wednesday

---Advanced Dunk Tactics (If You Have)---

Day 25 – Thursday



Rest

Day 26 – Friday

Exercise	Sets	Reps	Comments
Single Leg Broad Bounds	2	15 yds (each leg)	Get a little hop into it and do consecutive and quick broad jumps off 1 leg. Almost like bounding.
Knee Pop Ups	2	6	Use your arms to assist in getting off your knees
Rocket Jumps	2	10	Should be approaching your max single jump now
Reactive SL Butt Kicks	3	6	Do 3 SL butt kicks and then do a box jump immediately after for 6 total set, 3 each leg
Deadlift & Box Jump	4	3 5	Heavy and enough rest between sets. 3 deadlifts and then 5 box jumps. Push yourself here
SL Goblet Squats (each leg)	3	6	Increase the dumbbell weight from phase 1
Glute-Ham Raises	3	12	Slow down and then help yourself up as needed

Day 27 – Saturday

Rest/Foam Roll

Day 28 – Sunday



Day 29 - Monday (Max Effort Jumps)

Exercise	Sets	Reps	Comments
Double Leg Approaches at A Rim	1	50	Work on getting as high as possible
Single Leg Approaches at A Rim	1	50	Work on getting as high as possible

Same as phase 1, but you should be having progress now! See if you can dunk a tennis ball, a volleyball, off an oop. Get after it and keep trying. ONTO PHASE 3!

For this last day we want to get you jumping as much as possible as if you were going to dunk. Find a rim, or somewhere where there is something you can touch. Run at it with a small ball, basketball, whatever and just start jumping as high as you can. Video tape yourself to see the progress you have made as a jumper and be proud of yourself – you have made it through the first 30 days! Make sure to shoot us your testimonials and let us see how you have progressed this last month.

THE DECLARATION OF VERTICAL JUMP