

THE DECLARATION OF VERTICAL JUMP

Before EVERY Workout

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

Phase 1 (Days 1-30)

Day 1 – Monday

Exercise	Sets	Reps	Comments
SL Ski Jumps Alternating	2	10	Try to get further with each jump
SL Ski Jumps Same	2	10	Work on your balance and try to stick the landing softly
DL Ski Jumps	2	10	Explode laterally as far as possible
Tuck Jumps	2	10	Quick and explosive off the ground, bring knees as high as possible.
DL Shock Jumps	2	10	Absorb contact and hold for 3 seconds
Single Leg Approaches (each leg)	1	10	Approaches on each leg to work on overall balance

Day 2 – Tuesday

Rest

Day 3 – Wednesday

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

Day 4 – Thursday

Rest

THE DECLARATION OF VERTICAL JUMP

Day 5 – Friday

Exercise	Sets	Reps	Comments
DL Ski Jumps	2	10	Explode laterally as far as possible
Cheerleaders	2	10	Start slow and work your way out as far as you can
Pogos	2	10	Start slow and work on exploding quickly off the ground and try to touch your feet
SL Butt Kicks (each leg)	2	10	Use your arms to gather momentum to help
Split Jumps	2	10	Explode up and use your arms
Concentric Squats	5	3	Pause for 3 seconds and then EXPLODE as fast as possible
Glute-Ham Raises	3	12	Slow down and then help yourself up as needed

Day 6 – Saturday

Rest/Recover

Day 7 – Sunday

Active Rest

THE DECLARATION OF VERTICAL JUMP

Day 8 – Monday

Exercise	Sets	Reps	Comments
Bench Knee Drives (each leg)	2	10	Balance and work on the control down
Tuck Jumps	2	10	Explode as high as you can tucking your knees to your chest
Rocket Jumps	2	10	Explode up with your hands above your head
Depth Jumps	1	10	Fall off the box and explode as soon as you hit the ground
Knee Pop Ups	1	10	Use your arms to assist in getting off your knees
Standing Box Jump	1	5	Grab boxes that PUSH you and jump as high as you can

Day 9 – Tuesday

Rest

Day 10 – Wednesday

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

Day 11 – Thursday

Rest

THE DECLARATION OF VERTICAL JUMP

Day 12 – Friday

Exercise	Sets	Reps	Comments
Shock Jumps	1	10	Increase the box size and absorb the contact
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.
SL Goblet Squats (each leg)	4	6	Hold a dumbbell like a goblet and then slowly sit down onto a bench and explode up.
Reactive Box Jumps	1	8	Fall off one box and then explode up onto the next
Eccentric Squats	5	3	Go as SLOW as you possibly can. Do 75% of your 1 Rep Max

Day 13 – Saturday

Rest/Recover

Day 14 – Sunday

Active Rest

THE DECLARATION OF VERTICAL JUMP

Day 15 – Monday

Exercise	Sets	Reps	Comments
DL Ski Jumps	2	10	Explode laterally as far as possible
SL Ski Jumps Alternating	2	10	Try to get further with each jump
SL Ski Jumps Same	2	10	Work on your balance and try to stick the landing softly
45 Degree Box Jumps (each side)	1	10	Work on your drop step and explode up
SL Low Box Jumps (each leg)	1	10	Start with a low box and perform a single leg box jump
Cheerleaders	2	10	Start slow and work your way out as far as you can
Pogos	2	10	Start slow and work on exploding quickly off the ground and try to touch your feet
SL Buttkicks (each leg)	2	10	Use your arms to gather momentum to help
SL Goblet Squats (each leg)	4	6	Hold a dumbbell like a goblet and then slowly sit down onto a bench and explode up.

Day 16 – Tuesday

Rest

Day 17 – Wednesday

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

Day 18 – Thursday

Rest

THE DECLARATION OF VERTICAL JUMP

Day 19 – Friday

Exercise	Sets	Reps	Comments
Tuck Jumps	2	10	Explode as high as you can tucking your knees to your chest
Rocket Jumps	2	10	Explode up with your hands above your head
45 Degree Box Jumps (each side)	1	10	Work on your drop step and explode up
Reactive Box Jumps	1	10	Fall off one box and then explode up onto the next
Depth Jumps	1	10	Fall off the box and explode as soon as you hit the ground
Eccentric Squats	5	3	Go as SLOW as you possibly can. Do 75% of your 1 Rep Max
Bulgarian Split Squats Var 1	3	8	Far split position for this variation, feel a nice stretch

Day 20 – Saturday

Rest/Recover

Day 21 – Sunday

Active Rest

THE DECLARATION OF VERTICAL JUMP

Day 22 – Monday

Exercise	Sets	Reps	Comments
DL Ski Jumps	2	10	Explode laterally as far as possible
SL Ski Jumps Alternating	2	10	Try to get further with each jump
SL Ski Jumps Same	2	10	Work on your balance and try to stick the landing softly
Tuck Jumps	2	10	Explode as high as you can tucking your knees to your chest
Rocket Jumps	2	10	Explode up with your hands above your head
Split Jumps	2	10	Lunge and jump quickly
Cheerleaders	2	10	Start slow and work your way out as far as you can
Pogos	2	10	Start slow and work on exploding quickly off the ground and try to touch your feet
SL Butt Kicks (each leg)	2	10	Use your arms to gather momentum to help
SL Shock Jumps (each leg)	1	10	Absorb the force and stay balanced

Day 23 – Tuesday

Rest

Day 24 – Wednesday

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

Day 25 – Thursday

Rest

THE DECLARATION OF VERTICAL JUMP

Day 26 – Friday

Exercise	Sets	Reps	Comments
Reactive Jumps	2	10	Fall off one box and then explode up onto the next
Knee Pop Ups	2	10	Use your arms to assist in getting off your knees
SL Box Jumps (each leg)	2	10	Should be approaching your max single jump now
Depth Jump to Split Hold	2	10	Box height should be increased
Concentric Squats	5	3	Fast and explosive on the way up
SL Goblet Squats (each leg)	3	8	Increase the dumbbell weight
Glute-Ham Raises	3	12	Slow down and then help yourself up as needed

Day 27 – Saturday

Rest/Recover

Day 28 – Sunday

Active Rest

THE DECLARATION OF VERTICAL JUMP

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

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.