

THE DECLARATION OF VERTICAL JUMP

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 [FAQ](#) section of the website. If you need a more specific question then your best option is to Snap it [@TTSVert](#).

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!

THE DECLARATION OF VERTICAL JUMP

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

THE DECLARATION OF VERTICAL JUMP

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

Active Rest

THE DECLARATION OF VERTICAL JUMP

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

THE DECLARATION OF VERTICAL JUMP

Rest

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

Active Rest

THE DECLARATION OF VERTICAL JUMP

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)---

THE DECLARATION OF VERTICAL JUMP

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

Active Rest

THE DECLARATION OF VERTICAL JUMP

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

THE DECLARATION OF VERTICAL JUMP

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

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 |

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.



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