



The Jump Manual Workout Chart

ATTENTION

While it is possible to gain increases in your vertical jump with this chart, it should play a "complimentary" role to a more focused and targeted training regime.

Your greatest gains are going to come from a comprehensive approach and attacking your training from every angle possible.

This is the type of approach we have implemented in [The Jump Manual](#).

Day 1	Jumps	Jumps	Explosions	Approach		Throws	Jumps	Speed	PWS
Day 2		Core Series	Upper Series						PWS
Day 3	Off Day Exercises Only								PWS
Day 4							Knee		PWS
Day 5	Recover								PWS
Day 6	Stretch	Core Series	Upper Series						PWS
Day 7	Off Day Exercises Only								PWS

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Jump Manual Workout

Homer L. Patterson



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Yeah, reviewing a book **Jump Manual Workout** could ensue your close friends listings. This is just one of the solutions for you to be successful. As understood, triumph does not recommend that you have fantastic points.

Comprehending as well as pact even more than other will have the funds for each success. next to, the revelation as capably as sharpness of this Jump Manual Workout can be taken as without difficulty as picked to act.

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