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.

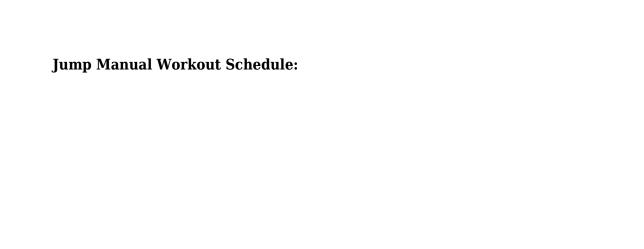
Your greatest gains are going to come from a comprehensive approach and attacking your training from every angle possible.

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 | | Upper Series | -65 | HOW | | | | PWS |
| Day 4 | | | Ge | Acce | | | Knee | | PWS |
| Day 5 | Recover | c.li | CKTO | | | | | | <u>PWS</u> |
| Day 6 | Stretch | Core Series | Upper Series | | | | | | PWS |
| Day 7 | Off Day Exercises Only | | | | | | | | PWS |

<u>Jump Manual Workout Schedule</u>

Siddappa N.Byrareddy



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