



# 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 Routine

**Ying-Ying Zheng**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

## **Jump Manual Workout Routine:**

*A Manual of Physical Training, for Boys and Girls* William Gilbert Anderson, William Laurence Anderson, 1914      **The Zombie Combat Manual** Roger Ma, 2010-04-06 The Zombie Combat Manual is a comprehensive guide that demonstrates how anyone from seasoned fighter to average citizen can become an effective warrior in the inevitable battle against the undead With detailed illustrations and firsthand accounts from zombie combat veterans this manual provides readers with the information they need to emerge victoriously from a close combat encounter with a walking corpse Now is the time to learn how to survive a hand to hand battle against the advancing army of the undead before humans fall prey to their growing ranks      The Total Fitness Manual Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold's Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold's Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today      *USA Track & Field Coaching Manual* Joseph L. Rogers, USA Track & Field, 2000 Variant title USA Track and Field From USA Track Field Inc      *The Rock-n-roll Singer's Survival Manual*, 1990-12 This is a thorough presentation of the basic elements of singing including vocal production training breathing posture and diet It offers help for the aspiring rock singer who cannot or will not take lessons

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