

## 6-week Vertical Jump Program

### Day 1

Movement	SetsxReps	Intensity	Rest	Progression
<b>Warm-up:</b> <ul style="list-style-type: none"> <li>• 5 min Walk or Jog</li> <li>• Birddog</li> <li>• OH PVC Squat</li> <li>• Pogo Jumps</li> </ul>	3x10	50%	N/A	
<b>Test Vertical Jump</b> <ul style="list-style-type: none"> <li>• Best of 3 attempts</li> </ul>	3x1	100%	2-3 min	Only test week 1 and week 6
<b>A1.</b> Lateral Bounds	3x5ps	75%	30s	Add 1 set each week
<b>B1.</b> DB Jumps <ul style="list-style-type: none"> <li>• Weight &lt;10% of your bodyweight</li> </ul>	3x5	100%	1 min	Add 1 set each week
<b>C1.</b> Front Squat	2x12	65% (should increase by 5-10% each week)	2 min	Add 1 set each week Decrease by 2 reps each week Add 10lbs each week
<b>D1.</b> Lateral Lunge	2x12ps		1 min	Add 1 set each week Decrease by 2 reps each week Add DB beginning week 3

## Day 2

Movement	SetsxReps	Intensity	Rest	Progression
<b>Warm-up:</b> <ul style="list-style-type: none"> <li>• 5 min Walk or Jog</li> <li>• Birddog</li> <li>• OH PVC Squat</li> <li>• Single-leg hops</li> </ul>	3x10	50%	N/A	
<b>A1.</b> Vertical Bounds	3x5ps	75%	30s	Add 1 set each week
<b>B1.</b> Box Jumps	3x5	100%	1 min	Add 1 set each week
<b>C1.</b> DB Snatch	2x12ps	65% (should increase by 5-10% each week)	2 min	Add 1 set each week Decrease by 2 reps each week Add 5lbs each week
<b>D1.</b> Step-up	2x12ps		1 min	Add 1 set each week Decrease by 2 reps each week Add DB beginning week 3

## Day 3

Movement	SetsxReps	Intensity	Rest	Progression
<b>Warm-up:</b> <ul style="list-style-type: none"> <li>• 5 min Walk or Jog</li> <li>• Birddog</li> <li>• OH PVC Squat</li> <li>• Ball Slam</li> </ul>	3x10	50%	N/A	
<b>A1.</b> Broad Jumps	3x5ps	75%	30s	Add 1 set each week
<b>B1.</b> Kettlebell Swing	3x5	100%	1 min	Add 1 set each week
<b>C1.</b> Push Jerk	2x6	65% (should increase by 5-10% each week)	2 min	Add 1 set each week Decrease by 1 reps each week Add 5lbs each week
<b>D1.</b> Swing Lunge	2x12ps		1 min	Add 1 set each week Decrease by 2 reps each week Add DB beginning week 3

### Notes:

- These 3 days should be added to or follow- up a current resistance training plan. Do not start this program if you have not established a solid training foundation.
- Follow the progression protocol for 6 weeks for optimal results