

Jump training Workout Chart

Week	Leapups	CalfRaises	Stepups	Thrustups	Burnouts	
1.	2x25reps	2x10reps	2x10reps	2x15reps	1x100	
2.	1x50reps	2x20reps	2x15reps	2x20reps	1x200	
3.	1x75reps	2x25reps	2x15reps	2x25reps	1x300	
4.	1x75reps	2x30reps	2x20reps	2x30reps	1x400	
5.	2x50reps	2x35reps		2x20reps	2x35reps	1x500
6.	1x100reps	2x40reps	2x25reps	2x40reps	1x600	
7.	1x125reps	2x45reps	2x25reps	2x50reps	1x700	
8.	2x75reps	2x50reps	2x30reps	2x60reps	1x800	
9.	2x100reps	2x55reps	2x30reps	2x70reps	1x900	
10.	2x125reps	2x60reps	2x35reps		2x80reps	1x1000
11.	2x150reps	2x65reps	2x35reps	2x90reps	1x1100	
12.	2x200reps	2x70reps	2x40reps	2x100reps	1x1200	

Leapups - Stand with your feet shoulder width apart, and jump up looking straight ahead. Come down about 1/4 of the way and jump right back up. This completes one leapup.

Calf raises - Stand on something so that your heels are not touching anything, stairs, a book etc. Go all the way up and come slowly down. Do one leg, then the other, this completes one set.

Stepups - Get a sturdy chair or bench, put one leg on the chair, and push yourself off the chair with your one leg. While in the air, switch legs, put the leg that was on the ground on the bench, the leg that was on the bench on the ground. Do the specified number of reps on each leg.

Thrust ups - stand with your feet shoulder width apart, and lock your knees. Then jump up just by using your calves, only bending at the ankles. As soon as your land, go right back up. This completes one thrust ups. You can use your arms if you want.

Burnouts - Stand in the same position as thrust ups, and go up as high as your can on your toes. Then jump up only using the sides of your thighs and your toes - you must stay as high on your toes as possible throughout the exercise. You can use your arms too.

The workout must be followed in this order:

Warming up (jumping jacks, running in place)

Stretching

Leapups

Calf Raises

Stepups

Thrust ups

Burnouts

Cooling down. To cool down simply stretch out again at the end of the program.

The workout is designed to be followed 5 days a week, Monday through Friday, with Saturday and Sunday as resting periods. Note - your vertical will decrease after doing Air Alert II, this is normal and exactly what you want. You will see an increase the 7th day. Losing your vertical means that your muscles are fatigued because you are working them hard and they are growing.