

20-WEEK VERTICAL JUMP TRAINING PROGRAM



BEYOND THE RIM

BODY WEIGHT EDITION

BY NATHANAEL MORTON

- ✓ NO EQUIPMENT NEEDED
- ✓ HOME TRAINING PLAN
- ✓ OPTION FOR DUMBBELLS & RESISTANCE BANDS
- ✓ UPPER BODY INCLUDED

YOUR 20-WEEK GUIDE TO BUILDING STRENGTH,
POWER, SPEED, AND EXPLOSIVENESS

VERTICAL JUMP TRAINING PROGRAM

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VERTICAL JUMP TRAINING PROGRAM

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INJURY DISCLAIMER

It is recommended you undergo a complete physical examination by a qualified physician prior to the start of this program. You should inform the physician of the training protocol that you are about to begin, and ask to be released to participate in this and any other training that you may be doing.

Throughout this vertical jump training program, you will be performing a variety of exercises using free weights, body weight, resistance bands, and other miscellaneous equipment. Training intensity and difficulty will begin at a moderate to low level and increase to a higher level of intensity throughout the program.

If at any time during the program you begin to experience signs of excessive pain, fatigue, or dizziness, you should stop the training session immediately. It is important for you to know that you may stop the program or refuse to perform any of the suggested exercises at any time.

It is important to note the use of this program may increase the possibility of abnormal blood pressure, increased heart rate, dizziness, fainting, joint, bone, tendon, or ligament damage, and in rare cases, heart attack, stroke, or death.

The author of this manual, the contributors, and the distributors of this program accept no responsibility for any injury, damage, or death due to training with this protocol. If any questions remain, please contact a qualified expert prior to the start of this vertical jump training program.

QUICK START GUIDE

In order to get maximum results from this program, you should read, study, and take notes on the entire book. However, I understand that many of you are very eager to increase your vertical jump right away, and would rather start the program NOW instead of waiting until after you have read this book in its entirety.

Because of this, and because I am a huge believer in TAKING ACTION immediately, here are a few action steps for you to take. You can read the book after you do the first workout ([THE ACTUAL PROGRAM STARTS ON PAGE 74 - CLICK HERE TO SCROLL DOWN TO THE FIRST WORKOUT](#))

1 This program is a BODY WEIGHT Vertical Jump Training Program. However, I have added exercises where you can use dumbbells and resistance bands if you have them. It is not required, but you will increase your vertical MORE if you can use dumbbells and resistance bands - I have linked some below if you want to get them.

Helpful (But not required) Equipment:

- 1 Resistance Band (<http://amzn.to/2ESVa0p>)
- 1 Mini Band (<https://amzn.to/2Dix4hV>)
- 1 Set of Dumbbells (<https://amzn.to/3dlWgD0>)

2 Print out this e-book. Go to a library, school, or somewhere with a printer. Print the program, use a 3-hole punch, and put it in a 3-ring binder (**or just keep it in your email and view it on your phone each time you do a workout**).

3 Film a video of your current dunk results and send it to my Instagram [@nathanaelmortonn](#) - Then record a video at the end of the program to see the progress that you've made! **Any before and after progress videos will get you access to 3 months of my advanced weight training jump programs FOR FREE.**

4 Go to page 74 and start the first workout!

5 After you have decided when you will do the first workout, move to the next page (page 5) and read the full list of action steps!

FULL LIST OF ACTION STEPS

Within this program there are action steps for you to take. Remember, life doesn't change by dreaming about what you want. Life changes by doing the things that will get you there. These action steps are what you need to do to maximize your results with this program.

1) Get a highlighter or a pen. While you read, highlight or underline the information that you think is most important. To really increase learning, take notes and write down the important points within this book. It will serve you in the long run.

2) If you are using dumbbells (remember - they are helpful but not required), track the amount of weight that you use. As you progress through the workouts, try to increase the weight by a small amount to progressive overload your muscles and force them to grow and get stronger.

3) Send your before and after progress videos to my Instagram [@nathanaelmorton](https://www.instagram.com/nathanaelmorton)
Any before and after progress videos will get you 3 months access to my advanced weight training jump programs FOR FREE.

4) Get a gallon jug of water from a supermarket (or another large water bottle. Drink one gallon of water every day.

5) Stop using an alarm to wake up. Your body needs to wake up naturally. You're not supposed to sleep until the alarm goes off, you're supposed to sleep until the work is done in your brain and body. If needed, go to bed earlier.

6) Stop drinking caffeine after 12:00 noon. Drinking caffeine too close to bed hinders your sleep and sacrifices your gains.

7) Stop looking at screens (TV, Cell Phone, iPad, Computer, etc) 60 minutes before you go to sleep. Looking at screens directly effects your sleep quality which will directly effect the gains that you make. For example, if you go to sleep at 10pm, stop looking at all screens at 9pm.

8) Try to get dumbbells and a resistance band to complete this program. You don't NEED them, but they REALLY help.

Dumbbells: <https://amzn.to/3dIWgD0>

Resistance Band: <http://amzn.to/2ESVa0p>

Mini Band (<https://amzn.to/2Dix4hV>)

FULL LIST OF ACTION STEPS (CONTINUED)

9) Follow this jump program religiously. Do not skip days, exercises, sets, or reps. Everything in this program is on purpose and is included in this program for a reason.

With that said, EXTRA REST DAYS ARE HELPFUL. If you are sore or extremely tired, take a rest day instead of working out. This does not mean to skip the workout entirely. This means to take the day as a rest day, and then resume where you left off the day after.

The weekly training schedule looks like this:

Monday: Vertical Jump & Core Workout

Tuesday: Mobility, Feet Strength, and Upper Body

Wednesday: Vertical Jump & Core Workout

Thursday: Mobility, Feet Strength, and Upper Body

Friday: Vertical Jump & Core Workout

Saturday: Mobility, Feet Strength, and Upper Body

Sunday: Rest Day

*This is an example of what a weekly training schedule would look like. You can start the program on any day that you want as long as you are following each day of the program in order.

Take action NOW.

Remember - thinking, dreaming, hoping, wishing, and waiting will not get you results. Action is the only thing that brings results.

ACTION IS EVERYTHING

FULL LIST OF ACTION STEPS (CONTINUED)

- 10) Write down the number one goal that you want to achieve by the end of this program.
(If you are viewing this on your phone, use a notebook or a sheet of paper)

My number one goal for this program is:

- 11) Write down three actions that you will take DAILY to achieve your number one goal.

Three actions that I will take daily to achieve this goal:

- 12) Go to Page 31 of the program. Choose at least one book, get it, and start reading it immediately. Create the habit of reading at least 30 minutes per day. It will change your life.

If I were you, I would start with this book: <https://amzn.to/2EkesOj>

- 13) Type into YouTube, [“How Bad Do You Want It by Eric Thomas”](#) or click the link here. Watch the video.

- 14) On a sheet of paper, write these words an inch high: **“A Quitter Never Wins, A Winner Never Quits.”** Tape it to your wall so that you see it every single day.

The program officially begins after this page. Read, enjoy, and take action on what you learn. Apply it to your life and watch the results pour in. Cheers to excellence, my friend.

INTRODUCTION

HELLO & WELCOME

Congratulations! If you are reading this, that means that you have **TAKEN ACTION** and have received this vertical jump training program with the hopes of jumping higher. You have already separated yourself from the vast majority of individuals who cannot get themselves to make a decision and take action. However, just because you now have this vertical jump training program **DOES NOT** mean that you will jump higher. Let me say that again: Just because you now have this program **DOES NOT** mean that you will jump higher. The only way that you are going to increase your vertical jump and jump higher is if you **ACTUALLY DO THE WORK**. There are no shortcuts in life. In order to become the best, you must put in the work. In order to become unstoppable, you must put in the work.

IF YOU ARE WILLING TO PUT IN THE EFFORT, THE RESULTS **WILL** COME.

Great! Here are a few things that I want you to know and do before starting:

1 I understand that this Vertical Jump Training Program is very detailed and has TONS of information packed into it. If at any time you have any questions at all, you can direct message me on Instagram. One simple trick to get me to respond faster is to comment on my most recent post and say “Check your DM”.

FEEL FREE TO CLICK THESE LINKS
AND FOLLOW ME ON YOUTUBE,
FACEBOOK, TWITTER, AND
INSTAGRAM

YOUTUBE: WWW.YOUTUBE.COM/NATHANAELMORTON

FACEBOOK: WWW.FACEBOOK.COM/NATHANAELMORTONMOTIVATION

TWITTER: WWW.TWITTER.COM/MORTONSUCCESS

INSTAGRAM: WWW.INSTAGRAM.COM/NATHANAELMORTONN

2 This is more than a Vertical Jump Training Program. Yes, this program will **DRASTICALLY** increase your vertical jump. However, I am the type of individual that likes to over-deliver on a promise. Along with giving you the blueprint for a higher vertical jump, I would like to also give you tips and strategies on how you can improve your life overall and become the greatest version of yourself. I have also included upper body workouts, mobility, speed, agility, quickness, and first step explosiveness. The only thing that is not included is cardio, which mostly comes from playing your sport. If you need extra cardio work, check out this video on [How To Improve Your Stamina for Basketball](#).

3 After a short period of time, you will notice an increase in your vertical jump. Depending on how tall you are/what your vertical jump is now, you may even start dunking. **THE BIGGEST MISTAKE** that people make with this program is stopping the workouts as soon as they start jumping higher or dunking a basketball. I will repeat this. **THE BIGGEST MISTAKE** that people make with this program is that they **STOP THE WORKOUTS** as soon as they start jumping higher or dunking a basketball.

If you stop the workouts, your vertical jump will go **DOWN** and is likely to return to where it was prior to starting the program. Please, please, please understand this. This is an ongoing program and a **HUGE** commitment to your excellence. In order for you to realize your full potential and jump as high as you possibly can, you must continue the workouts for as long as you desire to jump higher. That means that when you finish this program, you should start it over or send me your progress video to get 3 months of my advanced vertical jump program for free.

4 **"ACTION IS EVERYTHING."** If you haven't heard me say that before, trust me you will hear it over and over again in this program. One huge misconception that is overused in society nowadays is the phrase, "knowledge is power". This statement is only half true. Knowledge alone will get you nowhere. The other half of the equation is **ACTION**. Knowledge is only potential power and only becomes power when you take action on what you know. Just because you read this program and **KNOW** how to increase your vertical jump doesn't mean that you'll do it. The moment that you actually **TAKE ACTION** is the moment that your life changes.

"THE ONLY WAY THAT YOU 'KNOW' SOMETHING IS TO TAKE WHAT YOU KNOW AND CREATE A RESULT FROM IT."

CHAPTER ONE

THE TWO MAIN COMPONENTS OF THIS PROGRAM

Throughout this Vertical Jump Training Program, we will cover two main components:

1) HEALTH, FITNESS, & NUTRITION

2) MINDSET

Within the Health, Fitness, and Nutrition portion of this program I will teach you the principles in each area that you must follow to optimally increase your vertical jump.

Within the Mindset portion of this program, I will give you some information on how to continually develop your mind every day. “Train your mind and your body will follow”. The secret to success is working on and improving yourself every single day. You must commit to constant and never-ending improvement within two major areas: Your Mind and Your Body.

Throughout this entire program, I will do my very best to inspire and empower you to become the greatest version of yourself. I know what you are capable of, and I will constantly challenge you to perform at the highest level possible. It’s time that we all stop settling for less and commit ourselves to greatness.

Alright! Now that we understand the two major components of this program, lets dive a little deeper into each component.

ACTION STEP:

Get a highlighter or a pen. While you read, highlight or underline the information that you think is most important. To really increase learning, take notes and write down the important points within this book. It will serve you in the long run.

HEALTH, FITNESS, AND NUTRITION

HOW TO MAXIMIZE YOUR VERTICAL JUMP

HEALTH

HEALTH PRINCIPLE I: DRINK LOTS OF WATER

It is said that you should drink half of your body weight in ounces of water each day. This means that if you weigh 200 pounds, you should be drinking 100 ounces of water every single day. For myself, I weigh right around 200 pounds. I make it simple and drink one gallon of water (128oz) every single day. If you want, carry around a gallon jug like I do. If not, just get a water bottle and fill it over and over throughout the day. Either way, make sure that you drink half of your body weight in ounces every single day.

ACTION STEP:

Get a gallon jug, a water bottle, or something that gets the job done.

ACTION STEP: DO THE MATH

How much do you weigh? _____

How many ounces should you drink per day? _____ (Half of your body weight) (Your weight divided by two).

How many ounces is your water bottle? _____

How many of those water bottles do you need to drink per day to reach your daily goal of half of your body weight in ounces? _____

**FOR MORE INFORMATION ON
HOW MUCH WATER TO DRINK,
CLICK HERE**

HEALTH PRINCIPLE 2: GET ENOUGH SLEEP

When it comes to sleep, there are endless recommendations as to what “enough” sleep actually is. That subject is so complex that it would take me another 50 pages to explain. The easy answer is that the amount of sleep that you need each night is different for everyone. No two people are going to need exactly the same amount of sleep to function as effectively as possible. What I will say though, is that you are going to need **MORE SLEEP** while doing this vertical jump training manual than you did before you started it. The optimal thing that you can do is sleep until your body naturally wakes up on its own.

HERE IS WHAT YOU SHOULD DO:

1 If you don't have any prior obligations (job, work, school, etc.), then you should allow yourself to sleep as many hours as needed until you wake up naturally. Turn your alarm clock off and sleep until your body is ready to wake up. Open the blinds to your window so the morning light can come in and wake you up.

2 If you do have prior obligations, you may need to go to bed earlier so that you can wake up naturally without an alarm. For example, people give me “kudos” because they know that I wake up at 4:00am to start my day. What they need to know though, is that on a normal night I am in bed by 9:00pm. The lesson here? Prioritize sleep. Go to bed at whatever time is necessary for your body to fully recover. Maximum results come from waking up naturally. You don't sleep until the alarm goes off, you sleep until the work is done in your brain and body.

FOR MORE INFORMATION ON IMPROVING YOUR SLEEP, CHECK OUT MY YOUTUBE VIDEO TITLED 'HOW MUCH SLEEP DO ATHLETES NEED EACH NIGHT?'

CLICK HERE TO WATCH THE VIDEO

ON WEEKDAYS I AM IN BED BY 9:00PM, BUT ON WEEKENDS I GO TO BED AT WHATEVER TIME I WANT. EITHER WAY, I MAKE SURE TO WAKE UP NATURALLY WITHOUT AN ALARM CLOCK EVERY SINGLE MORNING.

TRY TO AVOID CAFFEINE AFTER MID-DAY. CAFFEINE HAS A HALF-LIFE OF ABOUT 6 HOURS, MEANING THAT IF YOU DRINK 100MG OF CAFFEINE AT 3:00PM, 50MG IS STILL FUNCTIONING IN YOUR SYSTEM AT 9:00PM, WHICH WILL HINDER YOUR SLEEP.

STOP LOOKING AT YOUR PHONE OR ANY “SCREENS” AN HOUR BEFORE BED. THIS ALSO NEGATIVELY AFFECTS YOUR SLEEP.

ACTION STEP:

Prioritize sleep. Choose a time to go to bed each night so that you ensure yourself to get quality sleep and wake up without an alarm. Also, [CLICK HERE](#) and watch my video on how much sleep athletes need per night.

FITNESS

When it comes to fitness, the main focus of this program is obviously the vertical jump training portion. However, there are a few fitness principles that I believe will help you to realize your full potential as an athlete. (Please keep in mind that I don't know your goals. I am assuming that you want to elevate your game/performance as an athlete, and these are the principles that I believe will help you get there as fast as possible).

FITNESS PRINCIPLE 1: GET STRONGER, FASTER, AND MORE EXPLOSIVE

Your main focus of this program should without a doubt be the vertical jump training. However, it is to the benefit of the athlete to become the strongest, and fastest, and most explosive version of themselves. For example, I was a good basketball player in high school. I was even better in college. But it wasn't until I started working out and training that I became the best basketball player that I had ever been.

In addition, make sure you do not neglect your upper body. The vertical jump workouts in this program are only three days a week. The upper body workouts are also three days a week. They will elevate your game to the next level.

ACTION STEP: Get the equipment to do these workouts or decide to just use body weight. (**DO NOT** wait until you have all of the knowledge or the "perfect" plan in place to start. Start where you are with what you know right now and get to work. You can learn more as you go.)

ACTION STEP: Commit to watching YouTube videos or listening to podcasts on your sport for 30 minutes per day until you feel that you have adequate knowledge on the subject. (I recommend watching my own YouTube videos or those of PJF Performance)

You can find my YouTube channel by clicking here: WWW.YOUTUBE.COM/NATHANAELMORTON

FITNESS PRINCIPLE 2: RECOVERY IS KEY!

Without working out, your body has no reason to change. But without recovery, your body CANNOT grow bigger stronger, faster, and more explosive.

You need to WORKOUT. Then you need to RECOVER.

To recover from your workouts as much as possible, follow these steps:

STEP 1: Get enough sleep (sleep until you wake up naturally)

STEP 2: Get enough water (drink half of your body weight in ounces)

STEP 3: Consume 1 gram of protein per pound of body weight

STEP 4: Consume complex carbohydrates (oats, rice, whole grain bread, whole grain pasta, quinoa, etc)

STEP 5: Consume healthy fats (almonds, peanutbutter, avacado, etc)

STEP 6: Be sure to eat enough of these foods to fuel your workouts and recovery

STEP 7: Don't drink caffeine just for the hell of it (caffeine sends your body into "fight or flight" mode - you cannot recover optimally in that state.

STEP 8: Don't skip the mobility on your upper body days. These days promote blood flow, healing, and recovery.

STEP 9: Rest. Rest is anything that is not working out. Reading, visualizing, watching basketball, spending time with family.. these are all forms of rest.

FITNESS PRINCIPLE 4: PROGRESSIVE OVERLOAD

Throughout this vertical jump training program, I have taken it upon myself to implement progressive overload within the program from week to week. What this means is that each workout will get a little bit harder (Which is perfectly fine because each week you will be getting stronger). Sometimes you'll do more reps, sometimes you'll do more sets, sometimes you'll do harder exercises.. but each week we will be doing more work.

You should also progress your upper body as well. I have added upper body workouts on the off days from the jump training. If you decide to do those workouts as well (which you should), the program will automatically take you through progressive overload.

EXAMPLE: If on Monday I did Wall Sits for 30 seconds, next week we will do Wall Sits for 60 seconds. If I did 10 push ups, the next time I want to try to get 11 or more.

FITNESS PRINCIPLE 5: UNDERSTAND THE EQUATION FOR VERTICAL JUMP

One of the main goals of this vertical jump program is to improve your power. Power is a combination of strength and speed. How HARD and how FAST can you press into the ground to get an equal and opposite reaction into the air?

During this program, you will get stronger and you will get faster, therefore you will become more powerful and more explosive - therefore skyrocketing your vertical jump.

FORCE x VELOCITY = POWER

Vertical jump is nothing more than power output.
Power output is nothing more than force and velocity combined.

Force means strength.
Velocity means speed.

Get stronger and get faster, and you will increase your vertical jump.

There are plenty of other traits that make a high vertical jump, but these two are the most important and the overarching characteristics of a high vertical. Everything else falls into the categories of force and velocity.

NUTRITION

**“EXERCISE IS KING, NUTRITION IS QUEEN.
PUT THEM TOGETHER AND YOU’VE GOT AN UNBELIEVABLE KINGDOM.”**

This holds extremely true for this vertical jump training program. In order to achieve maximum results and jump as high as you possibly can, you are going to need to follow a few simple principles when it comes to nutrition.

NUTRITION PRINCIPLE I: GET ENOUGH PROTEIN

When it comes to working out, getting enough protein in your diet is essential. As an athlete, there are two main reasons as to why you want to include an adequate amount of protein in your nutrition plan:

The first reason is for increasing strength and building muscle. Our goal is to become the strongest, fastest, and most explosive athlete that we can be. Protein is going to be **EXTREMELY** important in helping us build muscle and increase our strength as much possible.

The second reason that we want to include protein in our diet is for proper recovery from workouts. In order to optimally recover from our workouts, we need to be eating a diet that is adequate in protein.

Other than these two major benefits, protein also aids in increased energy levels, increased bone, tendon, and ligament health, stronger immune system, improved nervous system, and more. The main point, however, is that increased protein during this program will lead to an increased vertical jump.

So, how much protein do you need? This answer is similar to the answer for how much sleep you need per night. It depends. To make it simple and to avoid all of the confusion, I will give you an answer that will help you to build muscle, increase your strength, and increase your vertical jump. The answer is this: You should be eating one gram of protein per pound of body weight.

This means that if you weigh 150 pounds, you should be eating 150 grams of protein per day. If you weigh 230 pounds, you should be eating 230 grams of protein per day.

Here are a few examples of **PROTEIN** sources that will help you reach your goals:

GRASS FED LEAN GROUND BEEF
GROUND TURKEY
FISH (SALMON, AND TILAPIA ARE MY FAVORITES)
COTTAGE CHEESE
GREEK YOGURT
CHICKEN
WHEY PROTEIN
CASEIN PROTEIN
EGGS

*These foods are absolutely **NOT** all of the protein sources that will move you towards your goals. There are plenty other wonderful protein sources that you can include in your nutrition plan. These are simply the staples that are most common among athletes.

(For more information on meals that you can eat to optimize your athletic performance, check out my 'Morty Meal Time' nutrition series here: [Morty Meal Time Series](#))

Every gram of protein equals 4 calories. So a chicken breast with 30 grams of carbohydrates would have 120 calories from protein in that chicken breast.

NUTRITION PRINCIPLE 2: GET ENOUGH OF THE RIGHT CARBOHYDRATES

Carbohydrates are your main source of energy from food. As an athlete, you are going to need more energy (and therefore more carbohydrates) than a normal person. However, you need the right kind of carbohydrates. Not all carbs are created equal. Gummy worms have carbohydrates. Does that mean that we should eat three bags a day? No.

To make this simple, I will give you a list of foods that you can eat to ensure that you are fueling your body with the best and most nutritious **CARBOHYDRATES:**

ALL VEGETABLES

ALL FRUITS

OATMEAL (ROLLED OATS – NOT THE INSTANT OATMEAL PACKETS)

SWEET POTATOES OR YAMS

BROWN RICE OR WILD RICE

WHITE RICE

BEANS (BUY IN BAGS, NOT IN CANS) (I LIKE BLACK BEANS THE BEST)

LENTILS

100% WHOLE GRAIN PASTA

100% WHOLE GRAIN BREAD

QUINOA

*These foods are absolutely NOT all of the carbohydrate sources that will move you towards your goals. There are plenty other wonderful carbohydrate sources that you can include. These are simply the staples that are most common among athletes.

Also, remember that eating TOO MANY carbohydrates, and too many calories in general (AKA - more calories than your body can burn and use as energy), you will gain weight. You need to eat the right amount of carbohydrates based on your body, your metabolism, and your activity level. If you are gaining weight, chances are that you are eating too many calories.

Every gram of carbohydrate equals 4 calories. So a banana with 20 grams of carbohydrates would have 80 calories from carbohydrates in that banana.

NUTRITION PRINCIPLE 3: EAT HEALTHY FATS

When it comes to nutrition, fats often get a bad reputation. The truth is, not all fats are bad, and eating healthy sources of fat will actually **INCREASE** your health **AND** your athletic performance.

There are three types of fats. Unsaturated fats, Saturated fats, and Trans fat. Unsaturated fats are the good fats. These are healthy for you and will help you to reach your goals. These are things like nuts, legumes, and healthy oils. You should be including monounsaturated fats and polyunsaturated fats in your diet. Saturated fats are things like animal fats, butter, and cheese. You want to stay away from these for the most part, but they can be fine in moderation. Trans fats are the ugly fats. You want to avoid these like the plague. These are things like fast food, fried foods, and some cakes, pies, chips, cookies, etc.

Once again, to make things simple,
the **HEALTHY FATS** that you should be eating are:

ALMONDS

WALNUTS

AVOCADOS

COCONUT OIL, OLIVE OIL

CASHEWS

CHIA SEED

FLAX SEED

ORGANIC PEANUTBUTTER

ALMOND BUTTER

*These foods are absolutely NOT all of the healthy fat sources that will move you towards your goals. There are plenty other wonderful fat sources that you can include. These are simply the staples that are most common among athletes.

Every gram of fat equals 9 calories. So an ounce of almonds with 14 grams of fat would have 126 calories from fats in that ounce of almonds. An ounce of almonds also has around 6 grams of protein and 6 grams of carbohydrates. You can add the total of the three macronutrients (protein, carbs, and fats) to find the total calories.

14 grams of fat = 126 calories

6 grams of protein = 24 calories

6 grams of carbohydrate = 24 calories

Total calories in an ounce of almonds = 174 calories

NUTRITION PRINCIPLE 4: GET ENOUGH VITAMINS AND MINERALS

This principle is very important and often neglected among athletes. You **MUST** get adequate vitamins and minerals to perform at your best (AKA you must eat your fruits and veggies!). All fruits and all vegetables can and should be consumed on this nutrition plan. You must not neglect this part. Fruits and vegetables are more important to eat for your health than any other foods. If you know for a fact you are not a “vegetable person” and aren’t very fond of vegetables, I do suggest taking a multivitamin (more information on this in the “supplements” section below).

Here is a list of **FRUITS AND VEGETABLES** that you should be eating:

APPLES	BROCCOLI
BLUEBERRIES	SPINACH
ORANGES	KALE
BANANAS	BRUSSEL SPROUTS (ALSO HIGH IN PROTEIN)
STRAWBERRIES	PEAS (ALSO HIGH IN PROTEIN)
PINEAPPLES	CARROTS
GRAPES	ASPARAGUS
BLACKBERRIES	PEPPERS
RASPBERRIES	GREEN BEANS
CHERRIES	KIWI

*These foods are absolutely **NOT** all of the fruits and vegetables that will move you towards your goals. There are plenty other wonderful fruits and veggies that you can include. These are simply the staples that are most common among athletes.

To make things simple, please understand that you can eat ALL fruits and veggies. Also know that you should be eating twice as many vegetables as you do fruits.

People sometimes say that you shouldn’t eat too much fruit because fruit is very high in sugar, and sugar leads to weight gain. This is true - fruit IS very high in sugar, and sugar does lead to weight gain. However, when is the last time that you looked at an overweight person and thought to yourself, “Wow, I bet they eat way too many fruits and vegetables!” ...I’ll answer that for you - never. Fruits usually are not the culprit in an overweight individual. Plus, if you are an athlete and burning a lot of calories, fruit is an excellent source of vitamins, minerals, and simple carbohydrate that is great to restore glycogen in your muscles and help you stay healthy.

Normally, athletes can eat as much fruit as they want.

SUPPLEMENTS

If you are a beginner, you probably have tons of questions regarding supplements. If I do not answer all of those questions here, you can [CLICK HERE](#) to watch my video on YouTube titled “The Best Supplements to Gain Muscle and Optimize Athletic Performance” and it will explain a lot more. If that video still doesn’t answer your questions, leave a comment on that video with the question that you have and I will be sure to answer it.

So, do you need supplements? The short answer is **NO**. You do not need supplements. Everything that is in supplements you can get from food. That statement is very important. **EVERYTHING THAT IS IN SUPPLEMENTS YOU CAN GET FROM FOOD**. Do you **NEED** whey or casein protein powder? No. Just eat chicken or Greek yogurt. Do you **NEED** Branched-Chain Amino Acids? No. Just eat some eggs. Do you **NEED** a multivitamin? No, just eat a balanced diet with lots of fruits and veggies. You see, supplements only make things easier. It is much easier to drink a protein shake than it is to eat an entire meal. It is much easier to take a multivitamin than eat a plate full of vegetables. So **NO**, you do not **NEED** supplements, but **YES** they can help.

Do I recommend that you take supplements? No. I don’t recommend that you take supplements. What I recommend is that you start eating healthy and nutritious foods and start working out hard. Then, IF you are working out hard **AND** your nutrition is dialed in with healthy, nutritious foods, then yes, maybe you should consider taking supplements. I **DO NOT** recommend supplements as a replacement for a good nutrition or training plan. Many people think that if they simply take supplements that they will get bigger, faster, stronger, and more athletic. This is not true. You can’t be a blob on your couch and drink five protein shakes a day and think that you’re going to look like Arnold Schwarzenegger or jump like Zion Williamson. Supplements are only to be used **AFTER** you are already working out hard and eating right.

*The one supplement that I do recommend that you take is creatine. More on that coming up.

I also want to point out that supplements are not the end-all for your vertical jump. It's not like you won't be able to increase your vertical as high as the next guy unless you take supplements. Your vertical jump relies solely on your training and nutrition. As long as those two components are dialed in, you will be fine. Remember, you can get the same things from foods that you get from supplements. If you take supplements, it should be because you **WANT** to and that is your **PREFERENCE**. Not because you think you need to.

So **IF** you are working out hard and eating right, and you **WANT** to take supplements to assist you on the journey, then these are the supplements that will make it more convenient to get the proper nutrition necessary to optimally increase your vertical jump:

*I will take the time here to note that I am sponsored by 1st Phorm. I highly recommend and believe in their supplements because I know that they are the highest quality you can get, and they are 100% third party tested. I would never recommend (or be sponsored by) a supplement company if I did not personally use and fully believe in the supplements myself. With that said, I do receive a commission if you purchase their supplements using my links.

(DISCLAIMER: YOU DO NOT NEED ANY OF THESE PRODUCTS TO COMPLETE THIS VERTICAL JUMP PROGRAM OR INCREASE YOUR VERTICAL JUMP - SUPPLEMENTS ARE SIMPLY A MORE CONVENIENT WAY TO MEET YOUR NUTRITIONAL GOALS. PLEASE DO YOUR RESEARCH AND GET CONSENT FROM A DOCTOR BEFORE PURCHASING OR CONSUMING ANY OF THESE PRODUCTS).

1 Creatine Monohydrate – Creatine is recommended first because this is the hardest of the supplements to get from food. Everything else can easily be acquired by eating the right foods. It is extremely hard to get enough creatine from your diet to notice a difference in your strength and power in the gym. For that reason, I recommend that you start taking 5 grams of creatine monohydrate per day. (Creatine is also extremely cheap to purchase). (Here is a full video I did on YouTube explaining everything about creatine: [CREATINE VIDEO](#))

Without getting too scientific, creatine will make you stronger. It will increase your strength and power output, and for that reason, will cause you to become bigger, faster, stronger, and will help to improve your performance in the gym. Recent studies have also shown that creatine is important for the brain - AND, the faster you can send signals from the muscles to the brain, the higher and more powerful your vertical jump will be.

Best time to take creatine? It honestly doesn't matter. You can take it in the morning, before your workout, after your workout, or before you go to sleep. Personally, I take creatine before my workouts and before my basketball games.

Which Creatine should you take? I recommend Micronized Creatine Monohydrate by 1st Phorm (You can find their creatine by clicking **HERE:** <https://bit.ly/3xADYIT>)

2 Whey Protein – Whey protein is a fast-acting protein that is digested quickly in the body. Let me remind you again that you can simply **EAT** protein and it will do the exact same thing as whey protein. If you do not have money for/do not want to take whey protein, do not be discouraged. After your workout, go home and eat a meal that is high in protein and carbohydrates (Something like 4-8oz chicken breast, some white or brown rice, and a banana).

Best time to take whey protein? Within 30 minutes of finishing a workout or basketball game. You can also use whey protein as a meal replacement if you do not have enough time to eat a full meal.

Which Whey Protein should you take? I recommend Phormula 1 Whey Protein by 1st Phorm (You can find their whey protein by clicking **HERE:** <https://bit.ly/3i1H0PA>)

3 Omega 3 Fish Oil - Fish oil is excellent for two reasons. Studies have shown that fish oil can aid in tendon repair, which can be very effective for basketball players who often suffer from knee pain. The second reason is that there is a fatty tissue in your brain called “Myelin” that is essential for improving skill circuits. The more myelin you grow, the more skills you have. (When you practice shooting or ball handling, you are essentially growing more myelin). This “Myelin” is made up of fatty tissue, and the growth of myelin is aided with omega 3 fatty acids (AKA - by taking fish oil or eating a diet rich in omega 3). Therefore, fish oil not only aids in tendon repair, but can also aid in you becoming more skilled as a player.

I recommend ‘Full Mega’ from 1st Phorm. You can find it by clicking **HERE:** <https://bit.ly/3rfqpwd>

4 Multivitamin – As stated in ‘Nutrition Principle 4: Get Enough Vitamins and Minerals’, it is extremely important to get these vitamins and minerals to perform at and feel your best. If you eat a diet high in fruits and vegetables, then you don’t necessarily need to take a multivitamin. For me, I eat a diet high in fruits and vegetables **AND** I take a one-a-day multivitamin. This ensures that I am getting enough of every single vitamin and mineral that is essential to my body.

Which Multivitamin should you take? I recommend ‘M-Factor Men’ from 1st Phorm (unless you are a woman - then you should look into ‘M-Factor Goddess’) (You can find their multivitamin by clicking **HERE**: <https://bit.ly/313GFHf>)

Other than these four supplements, I do not think that there are any other supplements necessary to assist in the convenience of optimizing your nutrition plan and increasing your vertical jump. Just to be 100% honest and authentic, I DO take more than these four supplements, but the rest of the supplements are for health purposes and will not have a significant effect on your vertical jump.

If you have knee pain, these four supplements will help:

Collagen (Take 30 minutes before workout or sport): <https://bit.ly/3hxtQLt>

Vitamin C (Take 30 minutes before workout or sport): <https://bit.ly/3JFocTm>

*If you take a multivitamin, then take that multivitamin 30 minutes before your workout with the collagen. There is no need to take both the Vitamin C and the Multivitamin.

Full Mega Fish Oil : <https://bit.ly/3rfqpwd>

Joint Support Formula (Take any time): <https://bit.ly/3yMnI7L>

Here is a full list of supplements that I take:

--- SUPPLEMENTS I USE ---

WHEY PROTEIN: <https://bit.ly/3i1H0PA>

CREATINE: <https://bit.ly/3xADYIT>

FISH OIL: <https://bit.ly/3rfqpwd>

MULTIVITAMIN: <https://bit.ly/313GFHf>

GREENS DRINK: <https://bit.ly/3xzgoMy>

GLUTAMINE: <https://bit.ly/3i1Gpxk>

JOINT SUPPORT FORMULA: <https://bit.ly/3yMnI7L>

On the next page I have written out exactly when I take these supplements to maximize health, nutrition, muscle building, and vertical jump.

NATE'S DAILY NUTRITION PLAN

*This is a very simplified version of my daily nutrition plan. I do not include the exact foods that I eat because they vary from day to day. The most important thing to note is that you should be getting protein, carbohydrates, healthy fats, and fruit/vegetables with every single meal. Use the 'shopping list' for a list of specific foods that will help you reach your goals. (For more information on what to eat and when to eat it, check out my YouTube videos on health, fitness and nutrition)

NATE'S NUTRITION PLAN HOUR BY HOUR:

- 4 AM** - Wake up and consume 1 serving of collagen, multivitamin, joint formula, and 5 grams of Micronized Creatine Monohydrate.
- 5 AM** - Workout
- 6 AM** -
- 7 AM** - After my workout is finished, I will then consume 1-2 scoops of 'Phormula 1 Whey Protein Powder', one serving of Glutamine, one serving of Fish Oil, and eat a banana or other fruit (any simple fast-acting carbohydrate source will work).
- 8 AM** - One serving of a Greens Drink.
- 9 AM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 10 AM** -
- 11 AM** -
- 12 PM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 1 PM** -
- 2 PM** -
- 3 PM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 4 PM** -
- 5 PM** -
- 6 PM** - Meal: Healthy Fats, Complex Carbohydrates, Fruit or Vegetables, and Protein Source
- 7 PM** -
- 8:30 PM** - Before bed I will take another serving of Fish Oil.
- 9 PM** - Sleep

SHOPPING LIST:

*I am not telling you to buy every single item on this list. This is simply a list to refer to for some assistance in the grocery store. If you want to eat chicken, rice, broccoli, and almonds every day for every meal, then only buy those items. If you want more variety in your diet, then buy more than those four items. It's completely up to you.

PROTEIN:

GRASS FED LEAN GROUND BEEF
TOP ROUND STEAK
GROUND TURKEY
COD
SALMON
TILAPIA
CHICKEN
EGGS
GREEK YOGURT
COTTAGE CHEESE

CARBOHYDRATES:

OATMEAL (ROLLED OATS - NOT THE INSTANT OATMEAL PACKETS)
SWEET POTATOES OR YAMS
BROWN RICE OR WILD RICE
WHITE RICE
BEANS (BUY IN BAGS, NOT IN CANS) (I LIKE BLACK BEANS THE BEST)
LENTILS
100% WHOLE GRAIN PASTA
100% WHOLE GRAIN BREAD
QUINOA

SHOPPING LIST (CONTINUED):

HEALTHY FATS:

ALMONDS
ALMOND BUTTER
WALNUTS
ORGANIC PEANUT BUTTER
COCONUT OIL
FLAX SEED
OLIVE OIL
CHIA SEED
AVOCADOS
CASHEWS

FRUITS AND VEGETABLES:

APPLES
BROCCOLI
BLUEBERRIES
SPINACH
ORANGES
KALE
BANANAS
BRUSSEL SPROUTS (ALSO HIGH IN PROTEIN)
STRAWBERRIES
PEAS (ALSO HIGH IN PROTEIN)
PINEAPPLES
CARROTS
GRAPES
ASPARAGUS
BLACKBERRIES
PEPPERS
KIWI
GREEN BEANS
LEMONS (I SQUEEZE THE JUICE INTO MY WATER)

MINDSET

The best definition of personal development that I can give you is, “The conscious pursuit to improve one’s life, become a better person, and grow as an individual.” In simple terms, personal development means to commit to getting better every single day. Every single day, your number one priority is to be better than you were the day before. Not only am I talking about your body, but I am also talking about your mind. You will go much further in life by developing your mindset, your mental toughness, and your outlook on life.

See, here’s the thing. Success is simple. If you work on and improve yourself every single day for days, weeks, months, years, **DECADES**, then there is no doubt that you will become successful. Think about it. If you learn, improve, and **TAKE ACTION** every single day towards your goals and the life that you want to create for yourself, then you **WILL** create that life. Action **MUST** produce results. For every action there is an equal and opposite reaction (we all learned that in science class). That means that if you learn, improve, and take action daily to make your life better, your life **MUST** get better, because it’s a scientific law of the universe.

You also need **GOALS**. In order to get where we want to go, we must be extremely clear about where we want to go. If you don’t set out written goals for yourself, then you are like a ship without a captain. You will simply drift along in life until you sink or crash into a random island. You **MUST** be specific and you must be very clear about where you want to go. Watch this video to jump start your vertical jump goals:

['THE STRANGEST SECRET' BY EARL NIGHTINGALE](#)

ACTION STEP:

Write down the number one goal that you want to achieve by the end of this program.

My number one goal for this program is:

Also, nothing changes without action. The way to achieve your goals is to take action towards them every single day. On the next page, write down three action steps that you are going to take daily to achieve your goal for this program. (I know we already did this - it is worth writing them down twice).

ACTION STEP:

Write down three action steps that you will take DAILY to achieve your number one goal.

Three action steps that I will take daily to achieve this goal:

- 1 _____
- 2 _____
- 3 _____

You must ask yourself this question every single day: “What can I do today that will help me achieve these goals?” Then, go take action.

You may be thinking, “what in the world does this have to do with my vertical jump?” Everything. It has everything to do with your vertical jump. If you commit to personal development, then you commit to developing an unstoppable mindset. If you commit to achieving your goals, then you commit to being the master of your own life. “The best way to predict the future is to create it.”

There are two things that I want you to do every single day:

**LEARN
TAKE ACTION ON YOUR GOALS**

When it comes to learning, the truth is that no matter how much we know, or how little we know, we can **ALWAYS** know more. We can always improve. The goal here is to become world class. The goal is to become the best of the best. How do you become the best at basketball? You learn about it. You study it. You read about it. You watch videos on it. You **PRACTICE** it (The best way to learn is to learn by doing).

How was I able to become knowledgeable enough to create a program on **EXACTLY** how to increase your vertical jump? I studied it. I read about it. I watched videos on it. I bought courses and programs and took action on them all. I immersed myself in knowledge and learned every single thing that I could about it. I was obsessive and relentless in the action that I took to learn about and increase my vertical jump.

My point is this. You have to figure out what you care about most in this life, and then you have to learn as much as you possibly can about that one thing. If you like bodybuilding, read Arnold Schwarzenegger's 'Encyclopedia of Bodybuilding'. If you like basketball, read Phil Jackson's book 'Eleven Rings'. Choose right now what you want to be the best in the world at, and start to viscosly learn about that subject.

A few ways to get knowledge:

RESEARCH (ARTICLES & JOURNALS)

WATCH YOUTUBE VIDEOS

READ BOOKS (MY PERSONAL FAVORITE)

LISTEN TO AUDIOBOOKS

LISTEN TO PODCASTS

TRY NEW THINGS

LEARN THROUGH EXPERIENCE (TAKE ACTION AND PRACTICE)

TEACH OTHER PEOPLE

Because books have had such a dramatic effect on my life, I would like to give you a list of 10 books that can drastically change your life if you read them (Keep in mind, I'm not talking about fairy tales here. I'm not telling you to read story books. These are real life, practical books that you can read and apply to your own life to get from where you are now to where you ultimately want to be). These books will help you become a better basketball player and athlete.

ACTION STEP:

On the next page, choose at least one book, get it, and start reading it immediately. Create the habit of reading at least 30 minutes per day. It will change your life.

If you want to be motivated and learn about what is truly possible for a human being, start with 'Can't Hurt Me' by David Goggins.

If you want to learn about the best way to practice your sport to become a world-class athlete, start with 'The Talent Code' by Daniel Coyle.

If you want to understand why you have the ability to learn and achieve anything you want in life, read 'Mindset' by Carol Dweck.

The important part is that you start, and start now.

NATHANAEL MORTON
JUMP TRAINING PROGRAM

Top 10 Must Read Books for athletes (If you have a hard time reading books, you can also download these books on the app 'Audible' and listen to the audiobooks instead of reading the physical book):

These books are in the order that I think you should read them, but you could honestly start anywhere and it would work just as well.

- | | |
|--|---|
| 1. 'CANT HURT ME' BY DAVID GOGGINS | HTTPS://AMZN.TO/2EKES0J |
| 2. 'MINDSET' BY CAROL DWECK | HTTPS://AMZN.TO/2YHFI1B |
| 3. 'THE SUCCESS PRINCIPLES' BY JACK CANFIELD | HTTPS://AMZN.TO/2ZHWDUX |
| 4. 'GRIT' BY ANGELA DUCKWORTH | HTTPS://AMZN.TO/2VLCGVE |
| 5. 'RELENTLESS' BY TIM GROVER | HTTPS://AMZN.TO/2VX6WIE |
| 6. 'THINK AND GROW RICH' BY NAPOLEON HILL | HTTPS://AMZN.TO/2HR07QV |
| 7. 'AS A MAN THINKETH' BY JAMES ALLEN | HTTPS://AMZN.TO/2ZYGC7E |
| 8. 'THE TALENT CODE' BY DANIEL COYLE | HTTPS://AMZN.TO/2HR3CS4 |
| 9. 'ELEVEN RINGS' BY PHIL JACKSON | HTTPS://AMZN.TO/2HR4NR4 |
| 10. 'MASTERY' BY ROBERT GREENE | HTTPS://AMZN.TO/2YCG6Y0 |

If I could only choose one book that I think is the most important on this list, it would be 'Mindset' by Carol Dweck. If you understand the fundamental principle that she teaches in the book (that you can learn and do anything with the proper growth mindset), then you will understand why it is that you can become a professional athlete, have a 40-inch vertical jump, or achieve anything else that you want to within this life.

Because YouTube videos have also changed my life (not just creating them but watching them), here are the top 10 YouTube videos that have had the biggest impact on my mindset and life.

Top 10 Must Watch YouTube Videos:

1. ['HOW BAD DO YOU WANT IT?' BY ERIC THOMAS](#)
2. ['IT'S NOT OVER UNTIL I WIN' BY LES BROWN](#)
3. ['THE STRANGEST SECRET' BY EARL NIGHTINGALE](#)
4. [THE SECRET' BY RHONDA BYRNE \(OR SEARCH ON NETFLIX\)](#)
5. ['HOW TO MAKE YOURSELF IMMUNE TO PAIN: DAVID GOGGINS ON IMPACT THEORY' BY TOM BILYEU](#)
6. ['HOW TO BE UNSTOPPABLE - TIM GROVER | INSIDE QUEST #29' BY TOM BILYEU](#)
7. ['JIM ROHN BEST LIFE EVER](#)
8. ['LISA NICHOLS ON THE KEY TO ABUNDANCE AND SUCCESS - WITH LEWIS HOWES'](#)
9. ['WILL SMITH'S TOP 10 RULES FOR SUCCESS' BY EVAN CARMICHAEL](#)
10. ['TONY ROBBINS - THE POWER OF BELIEF' \(SEARCH ON YOUTUBE\)](#)

As an added bonus, I will give you the top 10 people who have changed my life just in case you wanted to look into these names as well (I suggest that you search these names on Google or YouTube and watch as much content as you can about them). You can click on any of these names and it will take you to their YouTube channel.

1. TOM BILYEU
2. TONY ROBBINS
3. ERIC THOMAS
4. LES BROWN
5. JIM ROHN
6. GARY VAYNERCHUK
7. EVAN CARMICHAEL
8. LISA NICHOLS
9. TIM FERRISS
10. LEWIS HOWES

DAILY ACTION STEP: Spend 30 minutes a day MINIMUM watching videos, reading books, or listening to podcasts on the one thing that you want to be world-class at.

DAILY ACTION STEP: Read your goals every single day. Write them on a notecard and carry it with you everywhere you go. Read it as much as possible and constantly ask yourself the question, “What can I do today that will help me achieve these goals? Then, go take action.

INSPIRATION

The inspiration will be packed into this vertical jump training manual as much as possible. I am here to challenge your beliefs about who you can become and what you can achieve. No matter how good you are at anything, you can get better. You can learn anything about your sport, put it into action, and ACTUALLY change the course of your life.

Let’s get one thing clear. The main goal of this program is for you to increase your vertical jump and jump as high as humanly possible. If you want that, you are going to have to give more than you have ever given before. I need every single ounce of your heart and soul to be poured into this program. You have to stop accepting weakness in yourself and demand that you complete this program to the absolute best of your ability.

If you need some quick inspiration, watch the first of my ‘Top 10 Must Watch Videos’, ‘How Bad Do You Want It?’ By Eric Thomas. You will walk away from that video feeling unstoppable. I promise.

CHAPTER TWO

WHAT IS NECESSARY FROM YOU?

HUNGER AND AMBITION

Within Eric Thomas’s speech ‘How Bad Do You Want It?’, he talks about wanting to succeed as bad as you want to breathe. I literally could not have explained the concept of hunger, ambition, and desire any better than he did. You **NEED** to watch that speech on YouTube if you haven’t already.

ACTION STEP: Type into YouTube, [“How Bad Do You Want It by Eric Thomas”](#) or click the link here. Watch the video.

NOW do you understand? If you want to increase your vertical jump and take your game to the next level, you **REALLY** have to want it. You have to want to increase your vertical jump so bad that you will do **WHATEVER IT TAKES** to get it. You have to be so hungry and ambitious that you will do **ANYTHING** to get the results. If you want to make it to the NBA, no one is going to just hand it to you.. **YOU** are going to have to take it. You are going to have to earn it through hours and hours of practice, work, and effort.

DECISION

The Latin root of the word decision literally means “to cut off from”. When you make a decision, a **TRUE** decision, it means that you are literally cutting off the possibility of any other option. If you truly make the decision to follow through with this vertical jump training program, then that means that you are leaving no other option. Failure is not an option. Skipping workouts is not an option. Giving anything less than your best effort is not an option. Make the decision right now that this is what you are going to do.

RELENTLESS ACTION

Knowledge is not power. Knowing how to increase your vertical will get you nowhere. You must act. You must take action on the information in this book in such a relentless manner that you will do whatever it takes to achieve your desired result. Relentless action means that you are constantly doing the things necessary to improve yourself and achieve your goal. When you’re not working out, you’re practicing your sport. When you’re not practicing your sport, you have to be planning your next work out. When you’re not planning your next work out, you have to be reading. When you’re not reading, you have to be eating the foods that will make you stronger. When you’re not eating the foods to make you stronger, you have to be watching videos on how to get better. Relentless action means that every second of every day you are doing the things necessary to achieve what you desire.

SELF DISCIPLINE

There are two types of people when it comes to discipline. Person A says, “I have to wait until I feel like it in order to do it.” Person B says, “I will do it whether I feel like it or not, because that’s the type of person I am.” You see, true inspiration comes from taking action and seeing progress on something that you really want. As soon as you start to see progress, you are going to feel more inspired than you ever have in your life. But you have to get to that point first. You’re not **ALWAYS** going to feel like doing the things that you need to do. Sometimes you’re going to feel uninspired. You must stay disciplined, and take action anyways.

The people who win in this life are the people who show up whether they feel like it or not. Discipline is like a muscle. You may not have any discipline now, but you will build the discipline as you stick to your commitments over and over and show up every single time. You must get to the point where, whether you feel like it or not, you **NEVER** miss a training session. You **NEVER** miss a meal. You **NEVER** miss a post-workout shake. You **NEVER** miss your reading. You **NEVER** miss a practice. You're **NEVER** late. You **NEVER** miss out on the things that are going to bring you closer to your goal because you have an even greater commitment to excellence.

CONSISTENCY

Consistency is imperative when it comes to jumping higher. If you complete the vertical jump training sessions two times a week, do your jump sessions, do your mobility, stretch and foam roll every single day, then you will surely see results. If you skip workouts, decide not to train for a week, or decide not to be consistent with this program, then you will not get the maximum results.

Think about it like this: I have two cats at home - What do you think would happen if I just decided to take a week off from feeding my cats? What if I just decided to feed my cats every other week or once a month? Yeah. Say goodbye to my cats. They would die. You cannot just do things **SOMETIMES** or **WHEN YOU FEEL LIKE IT**. You **MUST** be consistent within this program if you want to see optimal results and jump as high as humanly possible. Stay consistent. Do the workouts three times a week, stretch and foam roll every day, and you will achieve your goals. If you need an extra rest day in between workouts, that is fine. Take another rest day and then resume where you left off. But never **SKIP** sessions entirely.

PERSISTENCE

In my opinion, persistence is arguably the number one principle of success that you need in order to succeed and achieve your goals. Lack of persistence is certainly the number one reason why people fail. The number one reason why people fail is because they quit. They start a journey, the journey gets hard, and they quit. Listen closely. You are not soft. You are not a quitter. When things get hard, you go harder. When times get tough, you get tougher. That's it. If you quit, you lose. If you persist, you win.

ACTION STEP: On a sheet of paper, write these words an inch high: "A Quitter Never Wins, A Winner Never Quits." Tape it to your wall so that you see it every single day.

EXECUTION

Listen to me. Ideas suck. No one will give you an award for having a great idea. What you will be rewarded for is when you **PUT THAT IDEA INTO ACTION**. What you will be rewarded for is when you make a plan, put the plan into action, and execute on the plan until it is complete. Execution and action are all that really matter in this world. Knowledge and ideas are not enough.

CHAPTER THREE

ELEMENTS OF THE WORKOUT PROGRAM

Within this program, there are three different elements (three different types of days):

- 1) Main Workout Days (Vertical Jump & Core)
- 2) Mobility & Strengthening
- 3) Rest Days

You will be doing the main workouts three times per week.

You will be doing Mobility & Upper Body three times per week.

You will be resting 1 day per week.

There are also “Jump Days” and “Agility Days” included in this program. They will replace some of the normal vertical jump workouts and are meant to help you maximize your speed, agility, quickness, first step, and vertical jump.

The goal is to work consistently on our vertical jump, but also leave enough time in between workouts for recovery.

Your schedule will look like this:

Day 1: Vertical Jump & Core

Day 2: Mobility & Upper Body (Feet, Ankles, Shoulders, Hips & Spine)

Day 3: Vertical Jump & Core

Day 4: Mobility & Upper Body (Feet, Ankles, Shoulders, Hips & Spine)

Day 5: Vertical Jump & Core

Day 6: Mobility & Upper Body (Feet, Ankles, Shoulders, Hips & Spine)

Day 7: Rest

Let's move on and go into more detail about each individual day.

JUMP SESSIONS

Your jump sessions happen every fourth workout. They will replace a normal plyometric and strengthening session, and the program will prompt you when to do them.

The four approach jumps that we will work on during your jump sessions are:

- 1) Right Foot Approach
- 2) Left Foot Approach
- 3) Right/Left Two-foot Approach
- 4) Left/Right Two-foot Approach

The four markers that we are going to use when jumping are:

- 1) 25% Intensity (This could be touching the net)
- 2) 50% Intensity (This could be touching the backboard)
- 3) 75% Intensity (This could be touching the rim)
- 4) 100% Max Intensity! (Dunking or touching as high as you possibly can)

You will complete 3 reps of each approach at 25, 50, and 75% intensity. When you get to 100% intensity, you will do 3 sets of 3 jumps off of each approach (36 Jumps Total).

3 Jumps off of all 4 approaches at 25% = 12 Jumps total at 25%

3 Jumps off of all 4 approaches at 50% = 12 Jumps total at 50%

3 Jumps off of all 4 approaches at 75% = 12 Jumps total at 75%

3 Sets of 3 Jumps off of all 4 approaches at 100% = 36 Jumps total at 100%

*Included on the next page is a table of what the jumping days will look like.

[CLICK HERE](#) for a full video on what the jump days look like.

At the VERY END of your jump session, I want you to do your worst approach for 6 more jumps, your second worst approach for 4 more jumps, and your second best approach for 2 more jumps.

We want all four of our approach jumps to be EVEN and BALANCED!

JUMP SESSIONS

25% JUMPS	3 Jumps off of your right foot approach.	3 Jumps off of your left foot approach.	3 Jumps off of your Right/Left two-foot approach.	3 Jumps off of your Left/Right two-foot approach.
50% JUMPS	3 Jumps off of your right foot approach.	3 Jumps off of your left foot approach.	3 Jumps off of your Right/Left two-foot approach.	3 Jumps off of your Left/Right two-foot approach.
75% JUMPS	3 Jumps off of your right foot approach.	3 Jumps off of your left foot approach.	3 Jumps off of your Right/Left two-foot approach.	3 Jumps off of your Left/Right two-foot approach.
100% MAX JUMPS!	3 Sets of 3 Jumps off of your right foot approach.	3 Sets of 3 Jumps off of your left foot approach.	3 Sets of 3 Jumps off of your Right/Left two-foot approach.	3 Sets of 3 Jumps off of your Left/Right two-foot approach.

25% means you are barely jumping. 50% means it is half intensity. 75% means that you are jumping high, but not your highest. 100% means that you are jumping with 100% max intensity, as high as you possibly can!

PLYOMETRIC & STRENGTH WORKOUTS

There are three plyometrics and strength workouts per week. Usually, one of these workouts will be replaced with a Jump Session or an Agility workout (so there are normally two vertical jump workouts per week, and then either a jump session or agility day). You should take AT LEAST one day of rest in between vertical jump workouts. If you follow the schedule, then this will not be a problem for you.

The vertical jump workouts consist of four parts:

PART 1 - THE WARM UP

I have included a warm up at the start of each vertical jump training workout (and within each video on YouTube) that consists of a 6 minute dynamic warm up, reverse dead-mills, foam rolling, and a quick mobility routine. If you do not have a treadmill or a foam roller, you can skip those two parts of the warm up. But DO NOT skip the dynamic warm up or the quick mobility.

It is extremely important to perform a warmup before you engage in weight training. Failure to do so increases your risk of injury (and it doesn't matter how high you can jump if you are injured and can't jump at all!). You should **NEVER** participate in the strength portion of this vertical jump training program without properly warming up first. (I would also like to add that the warm up is often neglected – this is an easy way to get ahead of the competition and unlock your full potential. If other athletes are skipping the warm up and you are not, that just puts you that much further ahead of them). *You can also hoop or play a few games to get a good warm up

PART 2 - PLYOMETRIC EXERCISES

The plyometrics may come at the beginning of a workout, superset with the strength training exercises in the middle of a workout, or at the end of a workout. Rest assured that each plyometric exercise is placed in the perfect order with the rest of the exercises in each workout.

Normally the plyometrics come first, but sometimes they are mixed in for either efficiency or maximum effectiveness.

PART 3 - STRENGTH EXERCISES

All of the strength training can be done with body weight, but works even better if you have access to dumbbells and a resistance band. Remember, the best way to increase our vertical jump is to increase our speed AND our maximum strength. We can increase our maximum strength with body weight, but even more if we have dumbbells and resistance bands.

Strength training normally comes after the plyometrics, but may be mixed in if we are utilizing a certain training principle like French Contrast Training.

PART 4 - CORE

Your core plays an extremely important role in how high you can jump. If we strengthen the core, we will be able to increase our vertical jump and jump higher. Now keep in mind, your core is not just your abs. Your core is your abs, your obliques, and your lower back. Some people even go as far as to say that your chest and upper back is part of your core. Within this program, we focus strictly on your abs, your obliques, and your lower back. These are the three components that, if stronger, will truly help to increase your vertical jump.

I have included a core workout within every single training session of this vertical jump program. Your core is to be trained three times a week on the same day as your weight training and jump workouts. If you find that these jump workouts are taking too long, or if you are ever short on time, you can do the core workouts on a separate day than the jump workouts. For me personally, I like to get it all done and train my core and my vertical jump on the same day so that I can perform upper body workouts on the other days of the week.

MOBILITY & FOOT STRENGTHENING DAYS

There are three mobility and foot strengthening days per week. These days are extremely important to increase blood flow to the muscles and tendons to promote healing and recovery, and to increase your foot strength (your first line of contact with the ground when playing sports).

Poor mobility is a contributing factor to knee pain, and will keep you less athletic.

In order to get the most out of this program, you will not want to skip any days.

After your mobility and foot strengthening session, there will be an upper body workout for you to do if you choose to train your upper body as well. I HIGHLY recommend that you train your upper body, as it will only make you better as a player.

UPPER BODY DAYS

There are three upper body days per week and they are on Tuesdays, Thursdays, and Saturdays. These workouts will take you to the next level as an athlete and improve your strength, stability, and explosiveness on the court.

If you can commit to your vertical jump workouts, mobility and foot strengthening, and upper body workouts, you will be 10x better as an athlete than when you started this program.

AGILITY DAYS

There are agility days packed into this program every fourth workout as well. You will need an open field or court to complete this workout.

Just like the other workouts, I would not skip the agility days. These are the days that will improve your speed, agility, quickness, and first step explosiveness.

These days will take you to the next level as a basketball player.

REST DAYS

In order to maximize your vertical jump, every single rest day should be spent RESTING. That is exactly why it is called a rest day. Your muscles and central nervous system need time to rest, recover, and build back up bigger, faster, and stronger.

In order to speed up your recovery time AND allow for yourself to build your muscles and central nervous system as much as possible, you should take a walk, do some light stretching and mobility, and do some foam rolling on rest days.

It is IMPERATIVE that you do not do any workouts on rest days. The schedule is already set for you - you should follow it. If you continue to train on rest days, you put yourself at risk for overtraining and can even develop what is called Patellar Tendonitis or “Jumper’s Knee”.

(If you have knee pain at all, check out my YouTube playlist on How To Cure Jumper’s Knee by [clicking HERE](#))

If you are NOT mid-season within your sport, I would hold off on playing 5 on 5 basketball every single day. You can participate in skills training as much as you like (i.e. practicing your dribbling/shooting for basketball). You can even play some pick up basketball if you like, but I would not play 5 on 5 intense basketball every single day of the week, not allowing time for your legs to recover. 1 or 2 days of basketball is fine (maybe even 3 or 4), but it is extremely important to make sure that your body is resting on your rest days, ESPECIALLY when you are not in season for your sport.

(Let me say again that skills training is fine. You can and should be improving your game every single day. But make sure that some of those days are shooting drills, dribbling, etc, instead of heavy 5 on 5 basketball every day of the week).

If you are mid-season in your sport, I would only do two of these workouts per week.

In addition to only doing two workouts per week, sleep, food, stretching, foam rolling, rest, and recovery are going to be TWICE as important for you in season.

CHAPTER FOUR

EQUIPMENT NEEDED TO GET THE MOST OUT OF THIS PROGRAM

While keeping in mind that this is a BODY WEIGHT vertical jump training program, I realize that some individuals do have and want to use some pieces of equipment that could help to increase their vertical even more.

And while this program can be done purely with body weight, some equipment that will help you see even more results would be:

Dumbbells: There will be an option to hold your dumbbells for some of the exercises, which I will explain in each exercise demonstration video. If you do not have dumbbells, you can just do the exercises with body weight.

Resistance Bands: There are some resistance band exercises that will help you increase your strength and explosiveness. If you don't have a resistance band, click the video of the banded exercise and I will show you an alternative exercise that you can do with no equipment.

Foam Roller: Foam rolling is part of every warm up, and will temporarily increase mobility and lead to a more effective workout overall. If you don't have a foam roller, you can roll on a basketball, a volleyball, or use a rolling pin on your legs (although these are not as effective). You can also just skip the foam rolling if you can't do it - it is not the most important factor to your workouts.

Treadmill: The treadmill is used for part of the warm up, in which case you can skip if you do not have access to a treadmill. Click on the 'Reverse Deadmills' exercise and I will give you an alternative exercise to do if you don't have a treadmill.

Box, Bench, or Chair: It will be very beneficial to have a box, a bench, or a chair to jump onto and drop off of. If you don't have one, alternative exercises will be given in the exercise demonstration videos.

THE EQUIPMENT THAT WILL HELP YOU GET MORE FROM THIS PROGRAM:

Remember, you can still do the program with body weight if you do not have access to this equipment (Click on any of these blue links to view the equipment on Amazon)

[DUMBBELLS](#)

[RESISTANCE BAND](#)

[MINI BAND](#)

[FOAM ROLLER](#)

[TREADMILL](#)

[BOX, BENCH, OR CHAIR](#)

*If you do not have this equipment, that is okay!

The equipment is optional, and every single exercise is able to be done with body weight only.

There are also alternative body weight exercises available for every exercise that requires equipment.

CHAPTER FIVE

THE WORKOUT PROGRAM

Alright, let's get started! Each day includes a warm up, plyometrics, strength training, and core work, OR mobility, foot strength, and upper body work.

The way that this program is set up is like this: There are three vertical jump and core days, three mobility, foot strength, and upper body days, and one rest day per week.

Your week will look like this:

Monday: Vertical Jump & Core

Tuesday: Mobility & Strengthening (Feet, Ankles, Hips, Shoulders, & Spine)

Wednesday: Vertical Jump & Core

Thursday: Mobility & Strengthening (Feet, Ankles, Hips, Shoulders, & Spine)

Friday: Vertical Jump & Core

Saturday: Mobility & Strengthening (Feet, Ankles, Hips, Shoulders, & Spine)

Sunday: Rest

Remember, there will be a Jump Session or an Agility Day in place of one of the Plyo & Strength Training workouts each week. Sometimes it will be on a Monday, sometimes on a Wednesday, and sometimes on a Friday. It depends on the week.

The program is 20-weeks long and will take you through 5 different phases, all of which are four weeks long.

Without further ado, let's take some action, and let's get some results!

PHASE ZERO - WEEK 1 - DAY 1

ONLY START PHASE ZERO IF YOU HAVE KNEE PAIN!

IF YOU DO NOT HAVE KNEE PAIN, SKIP TO 'PHASE 1 - WEEK 1 - DAY 1' ON PAGE 74

MAIN WORKOUT 1

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
KOT LUNGES ON AN 18-INCH BOX	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
ECCENTRIC SQUATS ON A SLANTED BOARD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
KOT SQUATS ON AN 18-INCH PAD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW VIDEOS THAT WILL HELP YOU LEARN HOW TO GET RID OF YOUR KNEE PAIN:

[CAN YOU FIX JUMPERS KNEE WHILE STILL PLAYING BASKETBALL?](#)

[HOW TO ADD BASKETBALL INTO YOUR KNEE HEALTH PLAN](#)

[HOW TO KNOW WHEN YOUR JUMPERS KNEE IS COMPLETELY GONE](#)

[THE MAJOR CAUSES OF JUMPERS KNEE \(AND HOW TO FIX THEM\)](#)

[THE BEST SUPPLEMENTS FOR HEALING YOUR KNEE PAIN](#)

[HOW TO FIX JUMPERS KNEE WITHOUT STOPPING YOUR TRAINING](#)

[EVERYTHING YOU NEED TO KNOW ABOUT JUMPERS KNEE \(Q & A\)](#)

PHASE ZERO - WEEK 1 - DAY 2

ACCESSORY WORKOUT I

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
GLAMS WITH MINI BAND	(3 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
TKE'S WITH MINI BAND	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
SINGLE LEG RDL	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

HERE IS A LINK TO THE MINI BANDS THAT I USE FOR THE GLUTE BRIDGES AND CLAMS ([CLICK HERE](#)).

USING THE MINI BANDS IS THE MOST EFFECTIVE, BUT IF YOU CANNOT PURCHASE THE MINI BANDS, CLICK THE EXERCISE DEMONSTRATION AND I WILL GIVE YOU AN ALTERNATIVE IF YOU DO NOT HAVE THE BANDS.

PHASE ZERO - WEEK 1 - DAY 3

MOVEMENT WORKOUT 1

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SHOCK PAUSE JUMPS	(3 SETS OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 1 - DAY 4

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- MEDITATE & VISUALIZE YOUR GOALS
- READ A BOOK ABOUT MINDSET OR YOUR SPORT ([CLICK HERE FOR MY BOOK LIST](#))
- TAKE A NAP

PHASE ZERO - WEEK 1 - DAY 5

MAIN WORKOUT I

REVERSE DEADMILLS

(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)

FOAM ROLLING

(5 MINUTES)

POLIQUIN STEP UPS

(4 SETS OF 25 REPS EACH LEG NONSTOP)

KOT LUNGES ON AN 18-INCH BOX

(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)

ECCENTRIC SQUATS ON A SLANTED BOARD

(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)

KOT SQUATS ON AN 18-INCH PAD

(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)

JUMPERS KNEE STRETCHING ROUTINE

(1 ROUND)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE ZERO - WEEK 1 - DAY 6

ACCESSORY WORKOUT I

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(3 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
TKE'S WITH MINI BAND	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
SINGLE LEG RDL	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 1 - DAY 7

MOVEMENT WORKOUT I

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SHOCK PAUSE JUMPS	(3 SETS OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

***ONLY MOVE TO WEEK 2 IF YOU HAVE NO PAIN DURING THE WEEK 1 KNEE WORKOUTS!
IF YOU STILL HAVE PAIN DURING THE WEEK 1 WORKOUTS, REPEAT WEEK 1 UNTIL
THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

PHASE ZERO - WEEK 2 - DAY 1

***ONLY MOVE TO WEEK 2 IF YOU HAVE NO PAIN DURING THE WEEK 1 WORKOUTS!
IF YOU STILL HAVE PAIN DURING THE WEEK 1 WORKOUTS, REPEAT WEEK 1 UNTIL
THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

MAIN WORKOUT 2

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
KOT LUNGES ON A 12-INCH BOX	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
ECCENTRIC SQUATS ON A SLANTED BOARD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
I-LEG ECCENTRIC SQUATS ON A SLANTED BOARD	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
*ONLY GO DOWN 6 INCHES FOR THE SINGLE LEG ECCENTRIC SQUATS	
KOT SQUATS ON AN 12-INCH PAD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 2 - DAY 2

ACCESSORY WORKOUT 2

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(2 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
MONSTER WALKS WITH MINI BAND	(2 SETS OF 10 REPS FORWARD AND BACKWARD) (1 MIN REST)
LATERAL SIDE STEPS WITH MINI BAND	(2 SETS OF 10 REPS EACH DIRECTION) (1 MIN REST)
NORDIC CURLS ON A 24-INCH PAD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 2 - DAY 3

MOVEMENT WORKOUT 2

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (3 SETS OF 5 REPS ON A 12-INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 2 - DAY 4

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- MEDITATE & VISUALIZE YOUR GOALS
- READ A BOOK ABOUT MINDSET OR YOUR SPORT (CLICK HERE FOR MY BOOK LIST)
- TAKE A NAP

PHASE ZERO - WEEK 2 - DAY 5

MAIN WORKOUT 2

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
KOT LUNGES ON A 12-INCH BOX	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
ECCENTRIC SQUATS ON A SLANTED BOARD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
I-LEG ECCENTRIC SQUATS ON A SLANTED BOARD	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
*ONLY GO DOWN 6 INCHES FOR THE SINGLE LEG ECCENTRIC SQUATS	
KOT SQUATS ON AN 12-INCH PAD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 2 - DAY 6

ACCESSORY WORKOUT 2

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(2 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
MONSTER WALKS WITH MINI BAND	(2 SETS OF 10 REPS FORWARD AND BACKWARD) (1 MIN REST)
LATERAL SIDE STEPS WITH MINI BAND	(2 SETS OF 10 REPS EACH DIRECTION) (1 MIN REST)
NORDIC CURLS ON A 24-INCH PAD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 2 - DAY 7

MOVEMENT WORKOUT 2

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (3 SETS OF 5 REPS ON A 12-INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

***ONLY MOVE TO WEEK 3 IF YOU HAVE NO PAIN DURING THE WEEK 2 KNEE WORKOUTS!
IF YOU STILL HAVE PAIN DURING THE WEEK 2 WORKOUTS, REPEAT WEEK 2 UNTIL
THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

PHASE ZERO - WEEK 3 - DAY 1

***ONLY MOVE TO WEEK 3 IF YOU HAVE NO PAIN DURING THE WEEK 2 WORKOUTS!
IF YOU STILL HAVE PAIN DURING THE WEEK 2 WORKOUTS, REPEAT WEEK 2 UNTIL
THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

MAIN WORKOUT 3

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
KOT LUNGES ON A 6-INCH BOX	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
ECCENTRIC SQUATS ON A SLANTED BOARD	(3 SETS OF 15 REPS) (1 MIN REST IN BETWEEN)
I-LEG CHAIR STANDS	(2 SETS OF 5 REPS) (1 MIN REST IN BETWEEN)
KOT SQUATS ON A 6-INCH PAD	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 3 - DAY 2

ACCESSORY WORKOUT 3

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(2 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
MONSTER WALKS WITH MINI BAND	(2 SETS OF 10 REPS FORWARD AND BACKWARD) (1 MIN REST)
LATERAL SIDE STEPS WITH MINI BAND	(2 SETS OF 10 REPS EACH DIRECTION) (1 MIN REST)
NORDIC CURLS ON AN 18-INCH PAD	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 3 - DAY 3

MOVEMENT WORKOUT 3

REVERSE DEADMILLS

(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)

FOAM ROLLING

(5 MINUTES)

POLIQUIN STEP UPS

(4 SETS OF 25 REPS EACH LEG NONSTOP)

BACKWARD RUNNING AT 25%

(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)

SKIPPING AT 25%

(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)

FORWARD RUNNING AT 25%

(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)

BACKWARD RUNNING AT 50%

(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)

SKIPPING AT 50%

(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)

FORWARD RUNNING AT 50%

(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)

BACKWARD RUNNING AT 75%

(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)

SKIPPING AT 75%

(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)

FORWARD RUNNING AT 75%

(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)

SHOCK PAUSE JUMPS

(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS)

(1 SET OF 5 REPS ON A 12-INCH BOX) (REST 15 SEC BETWEEN JUMPS)

(3 SETS OF 5 REPS ON AN 18-INCH BOX) (REST 15 SEC BETWEEN JUMPS)

STRETCHING ROUTINE

(1 ROUND)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE ZERO - WEEK 3 - DAY 4

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- MEDITATE & VISUALIZE YOUR GOALS
- READ A BOOK ABOUT MINDSET OR YOUR SPORT ([CLICK HERE FOR MY BOOK LIST](#))
- TAKE A NAP

PHASE ZERO - WEEK 3 - DAY 5

MAIN WORKOUT 3

REVERSE DEADMILLS

(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)

FOAM ROLLING

(5 MINUTES)

POLIQUIN STEP UPS

(4 SETS OF 25 REPS EACH LEG NONSTOP)

KOT LUNGES ON A 6-INCH BOX

(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)

ECCENTRIC SQUATS ON A SLANTED BOARD

(3 SETS OF 15 REPS) (1 MIN REST IN BETWEEN)

I-LEG CHAIR STANDS

(2 SETS OF 5 REPS) (1 MIN REST IN BETWEEN)

KOT SQUATS ON A 6-INCH PAD

(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)

JUMPERS KNEE STRETCHING ROUTINE

(1 ROUND)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE ZERO - WEEK 3 - DAY 6

ACCESSORY WORKOUT 3

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(2 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
MONSTER WALKS WITH MINI BAND	(2 SETS OF 10 REPS FORWARD AND BACKWARD) (1 MIN REST)
LATERAL SIDE STEPS WITH MINI BAND	(2 SETS OF 10 REPS EACH DIRECTION) (1 MIN REST)
NORDIC CURLS ON AN 18-INCH PAD	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 3 - DAY 7

MOVEMENT WORKOUT 3

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
SKIPPING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
FORWARD RUNNING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12-INCH BOX) (REST 15 SEC BETWEEN JUMPS) (3 SETS OF 5 REPS ON AN 18-INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

***ONLY MOVE TO WEEK 4 IF YOU HAVE NO PAIN DURING THE WEEK 3 KNEE WORKOUTS!
IF YOU STILL HAVE PAIN DURING THE WEEK 3 WORKOUTS, REPEAT WEEK 3 UNTIL
THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

PHASE ZERO - WEEK 4 - DAY 1

***ONLY MOVE TO WEEK 4 IF YOU HAVE NO PAIN DURING THE WEEK 3 WORKOUTS!
IF YOU STILL HAVE PAIN DURING THE WEEK 3 WORKOUTS, REPEAT WEEK 3 UNTIL
THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

MAIN WORKOUT 4

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
KOT LUNGES ON THE FLOOR	(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
ECCENTRIC SQUATS ON A SLANTED BOARD	(3 SETS OF 15 REPS) (1 MIN REST IN BETWEEN)
I-LEG ECCENTRIC SQUATS ON A SLANT BOARD	(2 SETS OF 5 REPS) (1 MIN REST IN BETWEEN)
*USE BOTH LEGS TO STAND BACK UP	
KOT SQUATS ON A 6-INCH PAD	(1 SET OF 10 REPS) (1 MIN REST IN BETWEEN)
KOT SQUATS ON A 2-INCH PAD	(3 SET OF 10 REPS) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 4 - DAY 2

ACCESSORY WORKOUT 4

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(2 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
MONSTER WALKS WITH MINI BAND	(2 SETS OF 10 REPS FORWARD AND BACKWARD) (1 MIN REST)
LATERAL SIDE STEPS WITH MINI BAND	(2 SETS OF 10 REPS EACH DIRECTION) (1 MIN REST)
NORDIC CURLS ON A 12-INCH PAD	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 4 - DAY 3

MOVEMENT WORKOUT 4

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
SKIPPING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
FORWARD RUNNING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
BACKWARD SPRINTS AT 100%	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS AT 100%	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS AT 100%	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12-INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18-INCH BOX) (REST 15 SEC BETWEEN JUMPS) (3 SETS OF 5 REPS ON A 24-INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 4 - DAY 4

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- MEDITATE & VISUALIZE YOUR GOALS
- READ A BOOK ABOUT MINDSET OR YOUR SPORT ([CLICK HERE FOR MY BOOK LIST](#))
- TAKE A NAP

PHASE ZERO - WEEK 4 - DAY 5

MAIN WORKOUT 4

REVERSE DEADMILLS

(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)

FOAM ROLLING

(5 MINUTES)

POLIQUIN STEP UPS

(4 SETS OF 25 REPS EACH LEG NONSTOP)

KOT LUNGES ON THE FLOOR

(3 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)

ECCENTRIC SQUATS ON A SLANTED BOARD

(3 SETS OF 15 REPS) (1 MIN REST IN BETWEEN)

I-LEG ECCENTRIC SQUATS ON A SLANT BOARD

(2 SETS OF 5 REPS) (1 MIN REST IN BETWEEN)

*USE BOTH LEGS TO STAND BACK UP

KOT SQUATS ON A 6-INCH PAD

(1 SET OF 10 REPS) (1 MIN REST IN BETWEEN)

KOT SQUATS ON A 2-INCH PAD

(3 SET OF 10 REPS) (1 MIN REST IN BETWEEN)

JUMPERS KNEE STRETCHING ROUTINE

(1 ROUND)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE ZERO - WEEK 4 - DAY 6

ACCESSORY WORKOUT 4

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
GLUTE BRIDGES WITH MINI BAND	(2 SETS OF 10 REPS) (1 MIN REST IN BETWEEN)
CLAMS WITH MINI BAND	(2 SETS OF 10 REPS EACH SIDE) (1 MIN REST IN BETWEEN)
MONSTER WALKS WITH MINI BAND	(2 SETS OF 10 REPS FORWARD AND BACKWARD) (1 MIN REST)
LATERAL SIDE STEPS WITH MINI BAND	(2 SETS OF 10 REPS EACH DIRECTION) (1 MIN REST)
NORDIC CURLS ON A 12-INCH PAD	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
TIBIALIS RAISES	(3 SETS OF 25 REPS) (SUPERSET WITH CALF RAISES)
SINGLE LEG CALF RAISES	(3 SETS OF 10 REPS EACH LEG) (1 MIN REST IN BETWEEN)
JUMPERS KNEE STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE ZERO - WEEK 4 - DAY 7

MOVEMENT WORKOUT 4

REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
FOAM ROLLING	(5 MINUTES)
POLIQUIN STEP UPS	(4 SETS OF 25 REPS EACH LEG NONSTOP)
BACKWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 25%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
SKIPPING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
FORWARD RUNNING AT 50%	(3 SETS OF 30 YARDS) (30 SEC REST IN BETWEEN)
BACKWARD RUNNING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
SKIPPING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
FORWARD RUNNING AT 75%	(3 SETS OF 30 YARDS) (1 MIN REST IN BETWEEN)
BACKWARD SPRINTS AT 100%	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS AT 100%	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS AT 100%	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12-INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18-INCH BOX) (REST 15 SEC BETWEEN JUMPS) (3 SETS OF 5 REPS ON A 24-INCH BOX) (REST 15 SEC BETWEEN JUMPS)
STRETCHING ROUTINE	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

***ONLY MOVE TO THE PHASE I JUMP PROGRAM IF YOU HAVE NO PAIN DURING THE WEEK 4 KNEE WORKOUTS! IF YOU STILL HAVE PAIN DURING THE WEEK 4 WORKOUTS, REPEAT WEEK 4 UNTIL THOSE EXERCISES DO NOT CAUSE YOU PAIN ANYMORE.**

PHASE I - WEEK 1 - DAY 1

ONLY START PHASE I IF YOU DON'T HAVE ANY KNEE PAIN!

IF YOU HAVE KNEE PAIN, GO BACK TO 'PHASE ZERO - WEEK 1 - DAY 1' ON PAGE 46

***CLICK ON ANY EXERCISE TO SEE A DEMONSTRATION VIDEO FOR THAT EXERCISE**

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(4 SETS OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
BABY ANKLE JUMPS	(2 SETS OF 25 REPS) (REST 1 MIN IN BETWEEN)
BABY LATERAL LINE JUMPS	(2 SETS OF 25 REPS) (REST 1 MIN IN BETWEEN)
SPLIT LEG LUNGE JUMPS	(2 SETS OF 5 REPS EACH LEG - 10 TOTAL) (REST 1 MIN IN BETWEEN)
SQUAT JUMPS	(2 SETS OF 5 REPS) (REST 1 MIN IN BETWEEN)
WALL SIT	(1 SET OF 30 SECONDS) (REST 1 MIN)
LUNGE HOLD	(1 SET OF 30 SECONDS EACH LEG) (REST 1 MIN)
TIP TOE SQUAT HOLD	(1 SET OF 30 SECONDS) (REST 1 MIN)
GLUTE BRIDGE HOLD	(1 SET OF 30 SECONDS) (REST 1 MIN)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 1 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(1 SET OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(1 SET OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(1 SET OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(1 SET OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO STOP LOOKING AT ALL SCREENS
AT LEAST 1 HOUR BEFORE YOU GO TO SLEEP
(IPHONE, IPAD, TV, LAPTOP, ETC.)

SCREENS OMIT BLUE LIGHT THAT WILL
NEGATIVELY EFFECT YOUR SLEEP, YOUR
RECOVERY, AND YOUR VERTICAL JUMP.

PHASE 1 - WEEK 1 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

AGILITY, QUICKNESS, FIRST STEP, & STRENGTH WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM WEEK 1 DAY 1**

LATERAL DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
WALL SIT	(2 SETS OF 30 SECONDS) (REST 1 MIN IN BETWEEN)
LUNGE HOLD	(2 SETS OF 30 SECONDS EACH LEG) (REST 1 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(2 SETS OF 30 SECONDS) (REST 1 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(2 SETS OF 30 SECONDS) (REST 1 MIN IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 1 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO EAT AT LEAST 1 GRAM OF PROTEIN
PER POUND OF BODY WEIGHT EVERY SINGLE DAY.
THAT MEANS IF YOU WEIGH 150 POUNDS, YOU
SHOULD BE EATING 150 GRAMS OF PROTEIN
EACH DAY.

PHASE 1 - WEEK 1 - DAY 5

***IF YOU PLAY A LOT OF FULL COURT 5 ON 5 BASKETBALL, YOU MAY WANT TO CONSIDER SKIPPING THE PLYOMETRICS AND ONLY DOING THE STRENGTH EXERCISES. PLAYING BASKETBALL AND DOING PLYOS 2-3 TIMES PER WEEK COULD LEAD TO OVERTRAINING.**

FOR MYSELF, IF I PLAY INTENSE BASKETBALL ON THE SAME DAY AS A WORKOUT, I NORMALLY SKIP THE PLYOS IN THAT WORKOUT.

SIDE NOTE: THE PHASE 1 PLYOS ARE EASY ENOUGH THAT YOU COULD PROBABLY GET AWAY WITH DOING BOTH, BUT IN PHASES 2-5, YOU SHOULD BE CAREFUL ABOUT HOOPING AND DOING PLYOS TOO OFTEN. JUDGE IT BASED ON HOW YOUR BODY FEELS.

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(4 SETS OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
BABY ANKLE JUMPS	(2 SETS OF 25 REPS) (REST 1 MIN IN BETWEEN)
BABY LATERAL LINE JUMPS	(2 SETS OF 25 REPS) (REST 1 MIN IN BETWEEN)
SPLIT LEG LUNGE JUMPS	(2 SETS OF 5 REPS EACH LEG - 10 TOTAL) (REST 1 MIN IN BETWEEN)
SQUAT JUMPS	(2 SETS OF 5 REPS) (REST 1 MIN IN BETWEEN)
WALL SIT	(3 SETS OF 30 SECONDS) (REST 1 MIN IN BETWEEN)
LUNGE HOLD	(3 SETS OF 30 SECONDS EACH LEG) (REST 1 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(3 SETS OF 30 SECONDS) (REST 1 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(3 SETS OF 30 SECONDS) (REST 1 MIN IN BETWEEN)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 1 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(3 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(3 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(3 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(3 SETS OF 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

REMEMBER TO STOP DRINKING CAFFIENE AT 12:00 NOON. CAFFIENE HAS A SIX HOUR HALF LIFE, SO IF YOU DRINK 200MG OF CAFFIENE IN YOUR PREWORKOUT AT 4:00PM, THAT MEANS AT 10:00PM THERE IS STILL 100MG OF CAFFIENE ACTIVE IN YOUR SYSTEM. CAFFIENE WILL HINDER YOUR SLEEP, YOUR RECOVERY, AND YOUR VERTICAL JUMP IF YOU DRINK IT TOO LATE IN THE DAY.

PHASE 1 - WEEK 1 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- MEDITATE & VISUALIZE YOUR GOALS
- READ A BOOK ABOUT MINDSET OR YOUR SPORT (CLICK HERE FOR MY BOOK LIST)
- TAKE A NAP

PHASE 1 - WEEK 2 - DAY 1

***ONLY MOVE TO WEEK 2 IF YOU COULD SUCCESSFULLY COMPLETE THE ISOMETRIC EXERCISES FOR 30 SECONDS EACH SET DURING WEEK 1. IF YOU COULD NOT DO THE ISOMETRICS (WALL SIT, LUNGE HOLD, ETC) FOR 30 SECONDS STRAIGHT, GO BACK AND REDO WEEK 1 UNTIL YOU CAN.**

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

***WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED**

BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
SPRINTS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
FULL JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS)
	(12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS)
	(12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS)
	(36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

***PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.**

WALL SIT	(1 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
LUNGE HOLD	(1 SETS OF 60 SECONDS EACH LEG) (1-2 MIN REST IN BETWEEN SETS)
TIP TOE SQUAT HOLD	(1 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
GLUTE BRIDGE HOLD	(1 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 2 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(1 SET OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(1 SET OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(1 SET OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(1 SET OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

WRITE DOWN YOUR GOALS. READ THEM EVERY MORNING AND EVERY NIGHT.

STUDIES SHOW THAT INDIVIDUALS WHO WRITE DOWN, READ, AND CREATE A PLAN FOR THEIR GOALS ARE MUCH MORE LIKELY TO BE SUCCESSFUL THAN INDIVIDUALS WHO DO NOT.

PHASE 1 - WEEK 2 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (3 SETS OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
BABY ANKLE JUMPS	(3 SETS OF 25 REPS) (REST 1 MIN IN BETWEEN)
BABY LATERAL LINE JUMPS	(3 SETS OF 25 REPS) (REST 1 MIN IN BETWEEN)
SPLIT LEG LUNGE JUMPS	(3 SETS OF 5 REPS EACH LEG - 10 TOTAL) (REST 1 MIN IN BETWEEN)
SQUAT JUMPS	(3 SETS OF 5 REPS) (REST 1 MIN IN BETWEEN)
WALL SIT	(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(2 SETS OF 60 SECONDS EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 2 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

MAKE SURE THAT YOU ARE READING OR
LEARNING FOR AT LEAST 30 MINUTES PER DAY.

IN ORDER TO BECOME THE BEST AT WHAT YOU
WANT TO DO, YOU MUST LEARN EVERYTHING YOU
CAN ABOUT YOUR SPORT.

PHASE 1 - WEEK 2 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

AGILITY, QUICKNESS, FIRST STEP, & STRENGTH WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM WEEK 2 DAY 3**

LATERAL DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
WALL SIT	(3 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(3 SETS OF 60 SECONDS EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(3 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(3 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 2 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(3 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(3 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(3 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(3 SETS OF 45 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

IF YOU DON'T HAVE DUMBBELLS, FILL A
BACKPACK FULL OF BOOKS OR OTHER HEAVY
OBJECTS.

WHATEVER IT TAKES TO SEE RESULTS.

PHASE 1 - WEEK 2 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

**IF YOU FEEL EXTRA TIRED ON ANY GIVEN DAY,
YOU CAN USE THAT DAY AS A REST DAY AND
RESUME THE PROGRAM THE FOLLOWING DAY.**

**EXTRA REST DAYS ARE ALMOST ALWAYS A GOOD
THING.**

PHASE 1 - WEEK 3 - DAY 1

***ONLY MOVE TO WEEK 3 IF YOU COULD SUCCESSFULLY COMPLETE THE ISOMETRIC EXERCISES FOR 60 SECONDS EACH SET DURING WEEK 2. IF YOU COULD NOT DO THE ISOMETRICS (WALL SIT, LUNGE HOLD, ETC) FOR 60 SECONDS STRAIGHT, GO BACK AND REDO WEEK 2 UNTIL YOU CAN.**

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
BABY ANKLE JUMPS	(2 SETS OF 50 REPS) (REST 1 MIN IN BETWEEN)
BABY LATERAL LINE JUMPS	(2 SETS OF 50 REPS) (REST 1 MIN IN BETWEEN)
SPLIT LEG LUNGE JUMPS	(2 SETS OF 6 REPS EACH LEG - 12 TOTAL) (REST 1 MIN IN BETWEEN)
SQUAT JUMPS	(2 SETS OF 6 REPS) (REST 1 MIN IN BETWEEN)
WALL SIT	(1 SET OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(1 SET OF 90 SECONDS EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(1 SET OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(1 SET OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 3 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(1 SET OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(1 SET OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(1 SET OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(1 SET OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMOVE ALL SODA, JUICE, AND OTHER DRINKS FROM YOUR NUTRITION PLAN.

THE ONLY THING THAT YOU SHOULD BE DRINKING IS WATER. MILK IS ALSO FINE, AND GATORADE IS FINE WHEN PLAYING YOUR SPORT, BUT WATER SHOULD BE THE MAJORITY OF YOUR FLUIDS.

PHASE 1 - WEEK 3 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

*WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
SPRINTS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS)
	(12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS)
	(12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS)
	(36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

*PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

WALL SIT	(2 SETS OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(2 SETS OF 90 SECONDS EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(2 SETS OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(2 SETS OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 3 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO EAT THE RIGHT
CARBOHYDRATES.

THESE ARE FOODS LIKE SWEET POTATOES,
YAMS, WHOLE GRAIN PASTA, WHITE RICE,
WILD RICE, BROWN RICE, AND ROLLED OATS
(NOT THE INSTANT OATMEAL PACKETS)

PHASE 1 - WEEK 3 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
BABY ANKLE JUMPS	(2 SETS OF 50 REPS) (REST 1 MIN IN BETWEEN)
BABY LATERAL LINE JUMPS	(2 SETS OF 50 REPS) (REST 1 MIN IN BETWEEN)
SPLIT LEG LUNGE JUMPS	(2 SETS OF 6 REPS EACH LEG - 12 TOTAL) (REST 1 MIN IN BETWEEN)
SQUAT JUMPS	(2 SETS OF 6 REPS) (REST 1 MIN IN BETWEEN)
WALL SIT	(3 SETS OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(3 SETS OF 90 SECONDS EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(3 SETS OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(3 SETS OF 90 SECONDS) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 3 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)

BEAR TAPS

(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)

CRAB TAPS

(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)

SWIMMERS

(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)

PUSH UP PLANK TRANSITIONS

(2 SETS OF 60 SECONDS) (REST 1-2 MIN IN BETWEEN)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

PIKE HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO EAT FRUITS OR VEGETABLES WITH ALMOST EVERY SINGLE MEAL THROUGHOUT THE DAY. MICRONUTRIENTS ARE ESSENTIAL TO YOU PERFORMING YOUR BEST IN YOUR SPORT.

PHASE 1 - WEEK 3 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

REMEMBER TO CONSUME 20-50 GRAMS OF PROTEIN AND ABOUT 50 GRAMS OF CARBOHYDRATES AFTER ALL OF YOUR WEIGHT TRAINING WORKOUTS.

THIS WILL PROMOTE MUSCLE GROWTH AND HELP YOU GET BIGGER, STRONGER, FASTER, AND MORE EXPLOSIVE.

PHASE 1 - WEEK 4 - DAY 1

***ONLY MOVE TO WEEK 4 IF YOU COULD SUCCESSFULLY COMPLETE THE ISOMETRIC EXERCISES FOR 90 SECONDS EACH SET DURING WEEK 3. IF YOU COULD NOT DO THE ISOMETRICS (WALL SIT, LUNGE HOLD, ETC) FOR 90 SECONDS STRAIGHT, GO BACK AND REDO WEEK 3 UNTIL YOU CAN.**

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

AGILITY, QUICKNESS, FIRST STEP, & STRENGTH WORKOUT

***IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH THE PLYOMETRICS FROM WEEK 4 DAY 3**

LATERAL DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
WALL SIT	(1 SET OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(1 SET OF 2 MINUTES EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(1 SET OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(1 SET OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 4 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SUPERMAN LAT PULL

(1 SET OF 90 SECONDS) (REST 1-2 MIN)

BEAR TAPS

(1 SET OF 90 SECONDS) (REST 1-2 MIN)

CRAB TAPS

(1 SET OF 90 SECONDS) (REST 1-2 MIN)

SWIMMERS

(1 SET OF 90 SECONDS) (REST 1-2 MIN)

PUSH UP PLANK TRANSITIONS

(1 SET OF 90 SECONDS) (REST 1-2 MIN)

SMALL ARM CIRCLES

(2 SETS OF 50 REPS FORWARD & BACKWARD) (REST 1-2 MIN)

PIKE HOLD

(1 SET OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UP HOLD

(1 SET OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UP HOLD

(1 SET OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

L SIT HOLD

(1 SET OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO STOP USING AN ALARM TO WAKE UP. YOU SHOULD LET YOUR BODY WAKE UP NATURALLY.

YOU ARE NOT SUPPOSED TO SLEEP UNTIL THE ALARM GOES OFF. YOU ARE SUPPOSED TO SLEEP UNTIL THE WORK IS DONE IN YOUR BRAIN AND YOUR BODY.

PHASE 1 - WEEK 4 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
BABY ANKLE JUMPS	(3 SETS OF 50 REPS) (REST 1-2 MIN IN BETWEEN)
BABY LATERAL LINE JUMPS	(3 SETS OF 50 REPS) (REST 1-2 MIN IN BETWEEN)
SPLIT LEG LUNGE JUMPS	(3 SETS OF 6 REPS EACH LEG - 12 TOTAL) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN)
WALL SIT	(2 SETS OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(2 SETS OF 2 MINUTES EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(2 SETS OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(2 SETS OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 4 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES (1 FULL COMPLETION OF THE ROUTINE)
SHOULDERS, HIPS & SPINE (1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID (1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)
SUPERMAN LAT PULL (1 SET OF 90 SECONDS) (REST 1-2 MIN)
BEAR TAPS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
CRAB TAPS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
SWIMMERS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
PUSH UP PLANK TRANSITIONS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
SMALL ARM CIRCLES (2 SETS OF 50 REPS FORWARD & BACKWARD) (REST 1-2 MIN)

PIKE HOLD (2 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
PULL UP HOLD (2 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
PUSH UP HOLD (2 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
L SIT HOLD (2 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
BREATHING & VISUALIZATION (1 ROUND)

TIP:

REMEMBER TO FOLLOW A PROPER WARM UP
BEFORE EVERY SINGLE WORKOUT.

WARMING UP WILL BRING MORE RESULTS FROM
THE WORKOUT THAN IF YOU DO NOT WARM UP.

PHASE 1 - WEEK 4 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

*WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
SPRINTS	(3 SETS OF 30 YARDS) (REST 1-2 MIN IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

*PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

WALL SIT	(3 SETS OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
LUNGE HOLD	(3 SETS OF 2 MINUTES EACH LEG) (REST 1-2 MIN IN BETWEEN)
TIP TOE SQUAT HOLD	(3 SETS OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
GLUTE BRIDGE HOLD	(3 SETS OF 2 MINUTES) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 1 - WEEK 4 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES (1 FULL COMPLETION OF THE ROUTINE)
SHOULDERS, HIPS & SPINE (1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID (1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)
SUPERMAN LAT PULL (1 SET OF 90 SECONDS) (REST 1-2 MIN)
BEAR TAPS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
CRAB TAPS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
SWIMMERS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
PUSH UP PLANK TRANSITIONS (1 SET OF 90 SECONDS) (REST 1-2 MIN)
SMALL ARM CIRCLES (2 SETS OF 50 REPS FORWARD & BACKWARD) (REST 1-2 MIN)

PIKE HOLD (3 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
PULL UP HOLD (3 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
PUSH UP HOLD (3 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
L SIT HOLD (3 SETS OF 60-90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)
BREATHING & VISUALIZATION (1 ROUND)

TIP:

IF YOU CANNOT COMPLETE A DESIRED NUMBER OF REPS FOR A CERTAIN EXERCISE, PUT THE WEIGHT DOWN, REST, AND THEN FINISH YOUR SET IN ABOUT 20-30 SECONDS.

NEVER SKIP ANY REPS, SETS, EXERCISES, OR WORKOUTS.

PHASE 1 - WEEK 4 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

IF YOU MISS A WORKOUT, DO NOT MOVE PAST IT. JUST FINISH IT THE NEXT DAY, AND MOVE ON WITH THE PROGRAM FROM WHERE YOU LEFT OFF. SKIPPING WORKOUTS WILL NOT BENEFIT YOU IN THE LONG RUN.

PHASE 2 - WEEK 1 - DAY 1

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY AND VERTICAL JUMP/EXPLOSIVENESS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES, SHOOTING, ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 2 - WEEK 1 - DAY 2

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES, SHOOTING, ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

REMEMBER TO SPEND AT LEAST 30 MINUTES DAILY READING BOOKS OR WATCHING VIDEOS ON HOW TO IMPROVE AT YOUR SPORT, HOW TO DEVELOP YOUR MINDSET, OR HOW TO INCREASE YOUR STRENGTH, SIZE, SPEED, EXPLOSIVENESS, ETC.

PHASE 2 - WEEK 1 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

IF YOU HAVE DUMBBELLS, YOU MAY USE THEM FOR THE EXERCISES MARKED WITH THE *ASTERISK SYMBOL

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 24 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SL BABY ANKLE JUMPS	(2 SETS OF 25 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SL BABY LATERAL LINE JUMPS	(2 SETS OF 25 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(2 SETS OF 7 REPS) (REST 1-2 MIN IN BETWEEN)
*BULGARIAN SPLIT SQUAT	(2 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(2 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(2 SETS OF 6 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(2 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(2 SETS OF 6 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(2 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 1 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(2 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (2 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(2 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(2 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(2 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(2 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

GRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO PRACTICE VISUALIZATION. CLOSE YOUR EYES AND SEE YOURSELF IN THE FUTURE DUNKING A BASKETBALL AND PLAYING AT THE TOP LEVEL AT YOUR SPORT.

THEN, OPEN YOUR EYES AND PUT IN THE WORK.

PHASE 2 - WEEK 1 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM PHASE 2 - WEEK 1 - DAY 3**

LATERAL DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNDING LEVEL 1	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 1 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(2 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (2 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(3 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(3 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(3 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(3 SETS OF 6 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

PRACTICE DUNKING A TENNIS BALL. SMALLER BALLS CAN GIVE YOU THE FEEL FOR WHAT IT IS LIKE TO ACTUALLY DUNK.

IT SUPPLIES SOME NEEDED MOTIVATION AS WELL.

PHASE 2 - WEEK 1 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

USE A SHEET OF LINED PAPER TO WRITE YOUR GOALS DOWN EVERY SINGLE MORNING.

WRITING YOUR GOALS DOWN KEEPS YOUR SUBCONSCIOUS MIND FOCUSED ON WHAT YOU WANT, AND TEACHES YOUR BRAIN TO MOVE YOU IN THAT DIRECTION.

PHASE 2 - WEEK 2 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 24 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SL BABY ANKLE JUMPS	(3 SETS OF 25 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SL BABY LATERAL LINE JUMPS	(3 SETS OF 25 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(3 SETS OF 7 REPS) (REST 1-2 MIN IN BETWEEN)
*BULGARIAN SPLIT SQUAT	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(3 SETS OF 6 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(3 SETS OF 6 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 2 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(1 SET OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(1 SET OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(1 SET OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(1 SET OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

YOU SHOULD BE EATING A LEAN SOURCE OF PROTEIN, HEALTHY UNSATURATED FATS, COMPLEX CARBOHYDRATES, AND VEGETABLES WITH EVERY MEAL.

THIS WILL OPTIMIZE YOUR NUTRITION, YOUR VERTICAL JUMP, AND YOUR LIFE.

PHASE 2 - WEEK 2 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

*WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNGING LEVEL I	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

*PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

*BULGARIAN SPLIT SQUAT	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(3 SETS OF 6 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(3 SETS OF 6 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 2 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*EGG. DB SHOULDER PRESS

(2 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

EGG. PULL UPS

(2 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

EGG. PUSH UPS

(2 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

*EGG. DB BICEP CURLS

(2 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

NEVER SKIP THE MOBILITY SESSIONS. YOU WANT TO BE ABLE TO MOVE YOUR JOINTS AND MUSCLES THROUGH THE FULL RANGES OF MOTION. IF YOU CANNOT, IT CAN HINDER YOUR SPORTS PERFORMANCE.

PHASE 2 - WEEK 2 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 24 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SL BABY ANKLE JUMPS	(3 SETS OF 25 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SL BABY LATERAL LINE JUMPS	(3 SETS OF 25 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(3 SETS OF 7 REPS) (REST 1-2 MIN IN BETWEEN)
*BULGARIAN SPLIT SQUAT	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(3 SETS OF 6 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(3 SETS OF 6 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 2 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(3 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(3 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(3 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(3 SETS OF 8 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

FACT:

FOAM ROLLING TEMPORARILY INCREASES YOUR MOBILITY, WHICH CAN BE EFFECTIVE AT GIVING YOU A BETTER WORKOUT THAN IF YOU HAD NOT DONE THE FOAM ROLLING FIRST.

PHASE 2 - WEEK 2 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

START DRINKING YOUR GALLON OF WATER FIRST THING IN THE MORNING, AND TRY TO BE DONE DRINKING IT BY 6PM.

DRINKING IT LATE WILL CAUSE YOU TO HAVE TO USE THE BATHROOM AT NIGHT, AND WAKING UP DURING THE NIGHT WILL DISTURB YOUR SLEEP. DRINK EARLY, AND STAY ASLEEP AT NIGHT.

PHASE 2 - WEEK 3 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM PHASE 2 - WEEK 3 - DAY 3**

LATERAL DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNDING LEVEL 1	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 3 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(1 SET OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(1 SET OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(1 SET OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(1 SET OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

GRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

FACT:

EATING OATS IN THE MORNING CAN ELIMINATE THE FEELING OF BEING TIRED AFTER LUNCH.

THIS IS BECAUSE OATS ARE COMPLEX CARBOHYDRATES AND DIGEST SLOWLY IN YOUR BODY, ALLOWING YOU TO HAVE NATURAL, LASTING ENERGY THROUGHOUT THE DAY.

PHASE 2 - WEEK 3 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 24 INCH BOX) (REST 30 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 30 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SL BABY ANKLE JUMPS	(2 SETS OF 50 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SL BABY LATERAL LINE JUMPS	(2 SETS OF 50 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN)
*BULGARIAN SPLIT SQUAT	(2 SETS OF 8 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(2 SETS OF 8 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(2 SETS OF 8 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 3 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(2 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(2 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(2 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(2 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

IF YOU HAVE TROUBLE EATING THROUGHOUT THE DAY, ADD IN A PROTEIN SHAKE OR TWO TO GET YOUR PROTEIN GOAL OF 1 GRAM PER POUND OF BODY WEIGHT.

PHASE 2 - WEEK 3 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL I	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

*BULGARIAN SPLIT SQUAT	(2 SETS OF 8 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(2 SETS OF 8 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(2 SETS OF 8 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(2 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 3 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

TRY TO STOP EATING A FEW HOURS BEFORE
BED. YOU WANT YOUR SLEEP TO BE FOCUSED ON
RECOVERY, NOT DIGESTION.

PHASE 2 - WEEK 3 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

IF YOU ARE HAVING TROUBLE BUILDING MUSCLE, YOU CAN TRY HAVING 4 MEALS AND 3 SHAKES PER DAY (1 SCOOP OF PROTEIN PER SHAKE).

BREAKFAST, SHAKE, LUNCH, SHAKE, SNACK, SHAKE, AND THEN DINNER.

KEEP EACH MEAL AND SHAKE 2 HOURS APART.

PHASE 2 - WEEK 4 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 24 INCH BOX) (REST 30 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 30 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SL BABY ANKLE JUMPS	(3 SETS OF 50 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SL BABY LATERAL LINE JUMPS	(3 SETS OF 50 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN)
*BULGARIAN SPLIT SQUAT	(3 SETS OF 8 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(3 SETS OF 8 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(3 SETS OF 8 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 4 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(1 SET OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(1 SET OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(1 SET OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(1 SET OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 2 - WEEK 4 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM PHASE 2 - WEEK 4 - DAY 1**

LATERAL DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B DIRECTION SWITCHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNDING LEVEL 1	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 4 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(2 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(2 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(2 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(2 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

AFTER YOUR WORKOUT, REMEMBER TO
CONSUME SOME FAST-ACTING CARBOHYDRATES
AND SOME PROTIEN.

A GOOD EXAMPLE WOULD BE A PROTEIN SHAKE
AND A BANANA.

PHASE 2 - WEEK 4 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

SHOCK PAUSE JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 24 INCH BOX) (REST 30 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 30 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SL BABY ANKLE JUMPS	(3 SETS OF 50 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SL BABY LATERAL LINE JUMPS	(3 SETS OF 50 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
SQUAT JUMPS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN)
*BULGARIAN SPLIT SQUAT	(3 SETS OF 8 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*DYNAMIC STEP UP	(3 SETS OF 8 REPS) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG CHAIR STANDS	(3 SETS OF 8 REPS) (SUPERSET WITH KOT LUNGES)
*KOT LUNGES	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 2 - WEEK 4 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KICKBACKS

(3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ONE ARM PLANK SHOULDER PRESS (3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB SHOULDER PRESS

(3 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PULL UPS

(3 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

ECC. PUSH UPS

(3 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

*ECC. DB BICEP CURLS

(3 SETS OF 12 REPS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 50 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

FACT:

THE LEANER YOU ARE,
THE HIGHER YOU WILL JUMP.

YOU WANT TO BE LEAN AND STRONG.
THAT IS THE RECIPE FOR A HIGHER VERT.

PHASE 2 - WEEK 4 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

IF YOU ARE HAVING TROUBLE LOSING WEIGHT, TRY INTERMITTENT FASTING. THIS IS WHERE YOU ONLY EAT FOOD FOR AN 8 HOUR WINDOW THROUGHOUT THE DAY.

EAT YOUR FIRST MEAL AT 12 NOON, AND STOP EATING AT 8PM. DRINK ONLY WATER (AND COFFEE IF YOU WANT) WHILE YOU ARE FASTING.

PHASE 3 - WEEK 1 - DAY 1

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY AND VERTICAL JUMP/EXPLOSIVENESS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES, SHOOTING, ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 3 - WEEK 1 - DAY 2

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES, SHOOTING, ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

REMEMBER TO TAKE VIDEOS OF YOUR JUMPING PROGRESS.

IT IS MUCH EASIER TO NOTICE GAINS WHEN YOU WATCH YOURSELF OVER A LONG PERIOD OF TIME.

IT IS ALSO VERY MOTIVATING.

PHASE 3 - WEEK 1 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

IF YOU HAVE DUMBBELLS, YOU MAY USE THEM FOR THE EXERCISES MARKED WITH THE *ASTERISK SYMBOL

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 2	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

*PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

*EXPLOSIVE BSS	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 1 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(2 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(2 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(2 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(2 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(2 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

REMEMBER TO CONTINUOUSLY LEARN ABOUT
YOUR SPORT BY CONTINUOUSLY WATCHING
VIDEOS AND READING BOOKS ON THE TOPIC.

THE MORE YOU LEARN THE MORE YOU CAN APPLY
TO YOUR LIFE, AND THE MORE RESULTS THAT YOU
WILL GET.

PHASE 3 - WEEK 1 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

ANKLE JUMPS	(2 SETS OF 15 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
LATERAL LINE JUMPS	(2 SETS OF 15 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
DEPTH JUMPS	(3 SETS OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
SQUAT JUMPS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SETS)
*EXPLOSIVE BSS	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 1 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(2 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(3 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(3 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(3 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(3 SETS - AMRAP FOR 30 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

BEFORE YOU GO TO SLEEP, VISUALIZE WHAT YOUR NEXT DAY LOOKS LIKE. IMAGINE IT GOING SUCCESSFULLY, AND IMAGINE YOURSELF TAKING THE ACTIONS THAT WILL MOVE YOU TOWARDS THE ACHIEVEMENT OF YOUR GOALS.

EVERYTHING IS CREATED TWICE. FIRST IN THE MIND, THEN IN REAL LIFE.

PHASE 3 - WEEK 1 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

EVERY DAY, WRITE DOWN 5-10 THINGS THAT YOU ARE EXTREMELY GRATEFUL FOR. THIS WILL NOT ONLY PUT YOU IN A BETTER MOOD, BUT WILL ALSO STRENGTHEN YOUR EMOTIONS AND HELP YOU TO BE MORE OPTIMISTIC. WHEN YOU'RE MORE OPTIMISTIC, YOU TAKE MORE ACTION, AND THEREFORE GET MORE RESULTS.

PHASE 3 - WEEK 2 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM PHASE 3 - WEEK 2 - DAY 3**

LATERAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 2	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 2 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(1 SET - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(1 SET - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(1 SET - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(1 SET - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

LISTEN TO EMPOWERING PODCASTS WHILE YOU ARE DOING OTHER ACTIVITIES SUCH AS CLEANING, DRIVING, RIDING THE BUS, ETC.

LISTEN TO A PODCAST, WATCH SOME EDUCATIONAL YOUTUBE VIDEOS, OR LISTEN TO AN AUDIOBOOK.

PHASE 3 - WEEK 2 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

ANKLE JUMPS	(3 SETS OF 15 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
LATERAL LINE JUMPS	(3 SETS OF 15 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
DEPTH JUMPS	(2 SETS OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
SQUAT JUMPS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SETS)
*EXPLOSIVE BSS	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 2 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(2 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(2 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(2 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(2 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

IF YOU HAVE KNEE PAIN, PERFORM THE COACH STRETCH, QUAD STRETCH, HAMSTRING STRETCH, CALF STRETCH, AND 90 90 STRETCH FOR 2 SETS OF 60 SECONDS EACH.

YOU CAN FOLLOW THIS STRETCHING ROUTINE BY [CLICKING HERE](#)

PHASE 3 - WEEK 2 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 2	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

*PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

*EXPLOSIVE BSS	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 6 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 6 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 2 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(3 SETS OF 30 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(3 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(3 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(3 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(3 SETS - AMRAP FOR 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

YOU SHOULD PRACTICE DUNKING AT LEAST ONE TIME PER WEEK. IF YOU ARE FOLLOWING THIS PROGRAM CORRECTLY, THEN YOU ARE ALREADY DOING THAT. IF NOT, YOU SHOULD START.

PRACTICING MAXIMUM JUMPS IS AN EXCELLENT WAY TO INCREASE YOUR VERTICAL JUMP.

PHASE 3 - WEEK 2 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

YOU SHOULD CUT OUT ALL EXCESS CALORIES FROM USELESS SOURCES.

CHIPS, CANDY, COOKIES, CAKES, SODA, FAST FOOD, ETC

THESE FOODS AND DRINKS HAVE NO PLACE IN THE NUTRITION PLAN OF A SERIOUS ATHLETE.

PHASE 3 - WEEK 3 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

ANKLE JUMPS	(2 SETS OF 20 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
LATERAL LINE JUMPS	(2 SETS OF 20 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
DEPTH JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
SQUAT JUMPS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SETS)
*EXPLOSIVE BSS	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 3 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(1 SET - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(1 SET - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(1 SET - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(1 SET - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

GO TO THE STORE AND BUY A BAG OF LEAFY SPINACH AND KALE.

THIS IS A SUPERFOOD THAT CAN EASILY BE ADDED TO YOUR MEALS TO ADD MORE NUTRITENTS TO YOUR DIET.

ADD IT TO OMELETTES, SHAKES (IN A BLENDER), CHICKEN AND RICE, AND OTHER MEALS.

PHASE 3 - WEEK 3 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM PHASE 3 - WEEK 3 - DAY 1**

LATERAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 2	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 3 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES
SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

*ONE ARM PLANK KB TO SP

*DB SHOULDER PRESS

PULL UPS

PUSH UPS

*DB HAMMER CURLS

SUPERMAN LAT PULL

BEAR TAPS

CRAB TAPS

SWIMMERS

SMALL ARM CIRCLES

L SIT HOLD

BREATHING & VISUALIZATION

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

(2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

(1 ROUND)

TIP:

NEVER PRIORITIZE EXERCISE OVER SLEEP.

THIS ONE MAY SURPRISE YOU, BUT WORKING OUT WHEN YOU'VE HAD LESS SLEEP THAN YOU NEED CAN BE COUNTERPRODUCTIVE.

GET YOUR SLEEP FIRST, AND THEN WORK OUT

PHASE 3 - WEEK 3 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

ANKLE JUMPS	(2 SETS OF 20 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
LATERAL LINE JUMPS	(2 SETS OF 20 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
DEPTH JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (2 SETS OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS)
SQUAT JUMPS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SETS)
*EXPLOSIVE BSS	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 3 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(2 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(3 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(3 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(3 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(3 SETS - AMRAP FOR 90 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

WATER ACTS AS A LUBRICANT FOR MUSCLES AND JOINTS, AND KEEPS YOU HYDRATED ON OFF DAYS AS WELL.

TRY TO STICK TO YOUR GOAL OF ONE GALLON A DAY ON REST DAYS AS WELL AS WORKOUT DAYS.

PHASE 3 - WEEK 3 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

USING REST DAYS AS A TIME TO GET MORE SLEEP IS A GREAT IDEA.

IF YOU HAVE TROUBLE WAKING UP NATURALLY ON WORKOUT DAYS, USE THESE REST DAYS AS A TIME TO TURN OFF OR SET BACK THE ALARM CLOCK AND GET MORE SLEEP.

RECOVERY IS KEY WHEN TRYING TO IMPROVE YOUR VERTICAL JUMP.

PHASE 3 - WEEK 4 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 2	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

*EXPLOSIVE BSS	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SETS)
CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 4 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

IT MAY BE A GOOD IDEA TO LIMIT YOUR CARBOHYDRATES ON REST DAYS.

IF YOU HAVE TROUBLE LOSING WEIGHT, EAT ONLY LEAN MEATS, HEALTHY FATS, AND FRUITS AND VEGGIES ON REST DAYS. SAVE THE COMPLEX CARBOHYDRATES FOR YOUR TRAINING DAYS. ON THE OTHER HAND, IF YOU ARE TRYING TO GAIN WEIGHT AND BUILD MUSCLE, CONTINUE TO EAT CARBOHYDRATES ON YOUR REST DAYS.

PHASE 3 - WEEK 4 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & STRENGTH WORKOUT

ANKLE JUMPS	(3 SETS OF 20 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
LATERAL LINE JUMPS	(3 SETS OF 20 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
DEPTH JUMPS	(1 SET OF 5 REPS ON A 6 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON A 12 INCH BOX) (REST 15 SEC BETWEEN JUMPS) (1 SET OF 5 REPS ON AN 18 INCH BOX) (REST 30 SEC BETWEEN JUMPS)
SQUAT JUMPS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN)
*EXPLOSIVE BSS	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*EXPLOSIVE STEP UP	(3 SETS OF 8 REPS EACH LEG) (SUPERSET WITH NORDIC CURLS)
NORDIC CURLS	(3 SETS OF 8 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)
*ONE LEG SQUATS (ODTU)	(3 SETS OF 8 REPS EACH LEG) (REST 1-2 MIN IN BETWEEN)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 4 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(2 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

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SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

IF YOU HAVE KNEE PAIN, TRYING USING THESE THREE SUPPLEMENTS DAILY:

VITAMIN C (BEFORE WORKOUT)

GLUCOSAMINE CHONDROITIN (BEFORE WORKOUT)

FISH OIL (AFTER WORKOUT)

PHASE 3 - WEEK 4 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***YOU WILL NEED AN OPEN FIELD OR BASKETBALL COURT FOR EXERCISES IN GREEN
- IF YOU DON'T HAVE AN OPEN AREA, REPLACE THE EXERCISES IN GREEN WITH
THE PLYOMETRICS FROM PHASE 3 - WEEK 4 - DAY 3**

LATERAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNDING LEVEL 2	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 3 - WEEK 4 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 5 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

*ONE ARM PLANK KB TO SP

(3 SETS OF 60 SECONDS EACH ARM) (1-2 MIN REST IN BETWEEN SETS)

*DB SHOULDER PRESS

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

PULL UPS

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

PUSH UPS

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

*DB HAMMER CURLS

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(2 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

MAKE SURE THAT YOU ARE GETTING ENOUGH
HEALTHY FATS IN YOUR DIET.

EACH MEAL SHOULD CONTAIN UNSATURATED
FATS SUCH AS ALMONDS, WALNUTS,
PEANUTBUTTER, AVACADO, ETC.

YOU DON'T WANT TO EAT TOO MUCH, BUT
A HANDFUL OF ALMONDS OR 2 TBSP OF
PEANUTBUTTER WILL DO THE TRICK.

PHASE 3 - WEEK 4 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

THE IDEA OF A REST DAY IS TO TAKE A BREAK FROM THE hardcore GYM WORKOUTS AND TRAINING.

HOWEVER, YOU SHOULD STILL AT LEAST TAKE A WALK TO GET YOUR BLOOD FLOWING AND HELP WITH RECOVERY OF YOUR JOINTS AND MUSCLES.

PHASE 4 - WEEK 1 - DAY 1

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY AND VERTICAL JUMP/EXPLOSIVENESS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES,SHOOTING,ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 4 - WEEK 1 - DAY 2

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES, SHOOTING, ETC)
BREATHING & VISUALIZATION	(1 ROUND)

CHANGE YOUR NEGATIVE THOUGHTS TO POSITIVE THOUGHTS.

PUT A RUBBER BAND ON YOUR WRIST, AND EVERY TIME YOU HAVE A NEGATIVE THOUGHT, SNAP THE RUBBER BAND AND IMMEDIATELY SWITCH YOUR MIND TO A POSITIVE THOUGHT.

THIS WILL TEACH YOUR MIND THAT NEGATIVE THOUGHTS ARE NOT TOLERATED, AND WILL HAVE A TREMENDOUS EFFECT ON YOUR LIFE.

PHASE 4 - WEEK 1 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

FRENCH CONTRAST WORKOUT

WE ARE NOW USING GIANT SETS, WHICH MEANS YOU WILL PERFORM ALL 4 EXERCISES IN A ROW WITH 20 SECONDS IN BETWEEN EACH (CLICK HERE TO SEE AN EXAMPLE OF HOW A GIANT SET WORKS)

*PISTOL SQUAT SWITCHING LEGS	(1 REP AWAY FROM FAILURE W/ WEAK LEG) (20 SEC BELLY BREATHING)
DEPTH JUMP	(4 REPS WITH AN 18 INCH BOX) (20 SEC BELLY BREATHING)
*DUMBBELL SQUAT JUMPS	(4 REPS) (20 SEC BELLY BREATHING)
15 YARD SPRINT	(15 YARDS)
- IF YOU CAN'T DO A 15 YARD SPRINT, DO 4 TUCK JUMPS INSTEAD (CLICK HERE FOR TUCK JUMP VIDEO)	
<u>(REPEAT THIS CIRCUIT 4 TIMES TOTAL)</u> (REST 3-5 MINUTES IN BETWEEN GIANT SETS)	

*DYNAMIC STEP UP	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)

CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 1 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(2 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

IF YOU CAN, TRY TO HANG FROM A BAR FOR 60 SECONDS EVERY SINGLE DAY.

THIS WILL HELP YOU INCREASE FLEXIBILITY AND YOUR SHOULDERS AND LATS, AND CAN HELP YOU REACH HIGHER WHEN TRYING TO DUNK.

IT IS ALSO GOOD FOR SPINE HEALTH.

PHASE 4 - WEEK 1 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & BANDED STRENGTH WORK

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 3	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)

CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 1 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(3 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

IF YOU HAVE TROUBLE FALLING OR STAYING
ASLEEP AT NIGHT, TRY DRINKING THIS
CONCOCTION BEFORE BED:

1 TABLESPOON OF APPLE CIDER VINEGAR
1 TABLESPOON OF HONEY
WARM/HOT WATER

PHASE 4 - WEEK 1 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

LIFE IS ABOUT MAXIMIZING YOUR POTENTIAL AND FEELING FULFILLED WITH THE LIFE THAT YOU LIVE.

TO SPEED UP GROWTH AND BECOME THE BEST VERSION OF YOURSELF, TRY TO DO ONE THING PER DAY THAT PUSHES YOU OUT OF YOUR COMFORT ZONE. BE BOLD, AND GET COMFORTABLE BEING UNCOMFORTABLE.

PHASE 4 - WEEK 2 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

FRENCH CONTRAST WORKOUT

WE ARE NOW USING GIANT SETS, WHICH MEANS YOU WILL PERFORM ALL 4 EXERCISES IN A ROW WITH 20 SECONDS IN BETWEEN EACH (CLICK HERE TO SEE AN EXAMPLE OF HOW A GIANT SET WORKS)

*PISTOL SQUAT SWITCHING LEGS	(1 REP AWAY FROM FAILURE W/ WEAK LEG) (20 SEC BELLY BREATHING)
DEPTH JUMP	(4 REPS WITH AN 18 INCH BOX) (20 SEC BELLY BREATHING)
*DUMBBELL SQUAT JUMPS	(4 REPS) (20 SEC BELLY BREATHING)
15 YARD SPRINT	(15 YARDS)
- IF YOU CAN'T DO A 15 YARD SPRINT, DO 4 TUCK JUMPS INSTEAD (CLICK HERE FOR TUCK JUMP VIDEO)	
<u>(REPEAT THIS CIRCUIT 4 TIMES TOTAL)</u> (REST 3-5 MINUTES IN BETWEEN GIANT SETS)	

*LATERAL STEP UPS	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)

CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 2 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(1 SET - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(1 SET - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(1 SET - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

THE TWO BEST TIMES TO CONSUME PROTEIN
(EITHER FOOD OR SHAKES) ARE:

WHEN YOU FIRST WAKE UP
AFTER YOUR WORKOUT

PHASE 4 - WEEK 2 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***IF YOU DON'T HAVE AN OPEN AREA, SKIP THE EXERCISES IN GREEN AND ONLY DO THE EXERCISES IN BLUE**

LATERAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 3	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 2 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(2 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

GRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

LISTEN TO EMPOWRING PODCASTS, BOOKS, OR
YOUTUBE VIDEOS AS MUCH AS POSSIBLE.

I LISTEN IN THE CAR, IN THE SHOWER, WHILE I'M
CLEANING, AND WHILE I AM EATING.

WHERE ELSE CAN YOU FIND TIME TO LISTEN TO
THINGS THAT ARE GOING TO MAKE YOUR LIFE
BETTER?

PHASE 4 - WEEK 2 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

FRENCH CONTRAST WORKOUT

WE ARE NOW USING GIANT SETS, WHICH MEANS YOU WILL PERFORM ALL 4 EXERCISES IN A ROW WITH 20 SECONDS IN BETWEEN EACH (CLICK HERE TO SEE AN EXAMPLE OF HOW A GIANT SET WORKS)

*PISTOL SQUAT SWITCHING LEGS	(1 REP AWAY FROM FAILURE W/ WEAK LEG) (20 SEC BELLY BREATHING)
DEPTH JUMP	(4 REPS WITH AN 18 INCH BOX) (20 SEC BELLY BREATHING)
*DUMBBELL SQUAT JUMPS	(4 REPS) (20 SEC BELLY BREATHING)
15 YARD SPRINT	(15 YARDS)
- IF YOU CAN'T DO A 15 YARD SPRINT, DO 4 TUCK JUMPS INSTEAD (CLICK HERE FOR TUCK JUMP VIDEO)	
<u>(REPEAT THIS CIRCUIT 4 TIMES TOTAL)</u> (REST 3-5 MINUTES IN BETWEEN GIANT SETS)	

*CROSSOVER STEP UP	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)

CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 2 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(3 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

BE CAREFUL HOW YOU SPEND YOUR TIME.

TIME IS THE ONE THING THAT YOU CAN NEVER
GET BACK, SO YOU MUST SPEND IT WISELY.
WHENEVER YOU'RE ABOUT TO DO SOMETHING,
ASK YOURSELF THE QUESTION, "DOES THIS MOVE
ME TOWARDS MY GOALS?"
IF IT DOES, THEN DO IT.
IF IT DOESN'T, THEN DON'T DO IT.

PHASE 4 - WEEK 2 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

START TEACHING OTHER PEOPLE ABOUT
FITNESS, NUTRITION, AND VERTICAL JUMP.

THE BEST WAYS TO LEARN YOUR CRAFT ARE TO:

- 1) DO IT YOURSELF
- 2) TEACH IT TO OTHER PEOPLE

PHASE 4 - WEEK 3 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & BANDED STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNGING LEVEL 3	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)

CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 3 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(1 SET - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(1 SET - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(1 SET - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

ALLOW YOURSELF TO BE BORED.

WE OFTEN DISTRACT OURSELVES WITH PHONES,
INTERNET, TV, AND MANY OTHER THINGS.

INSTEAD, ALLOW YOURSELF TO BE BORED. EVEN
BETTER, TO CURE THAT BOREDOM, DO SOMETHING
POSITIVE THAT WILL MOVE YOU TOWARDS YOUR
GOALS.

PHASE 4 - WEEK 3 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

FRENCH CONTRAST WORKOUT

WE ARE NOW USING GIANT SETS, WHICH MEANS YOU WILL PERFORM ALL 4 EXERCISES IN A ROW WITH 20 SECONDS IN BETWEEN EACH (CLICK HERE TO SEE AN EXAMPLE OF HOW A GIANT SET WORKS)

*PISTOL SQUAT SWITCHING LEGS	(1 REP AWAY FROM FAILURE W/ WEAK LEG) (20 SEC BELLY BREATHING)
DEPTH JUMP	(4 REPS WITH AN 18 INCH BOX) (20 SEC BELLY BREATHING)
*DUMBBELL SQUAT JUMPS	(4 REPS) (20 SEC BELLY BREATHING)
15 YARD SPRINT	(15 YARDS)
- IF YOU CAN'T DO A 15 YARD SPRINT, DO 4 TUCK JUMPS INSTEAD (CLICK HERE FOR TUCK JUMP VIDEO)	
<u>(REPEAT THIS CIRCUIT 4 TIMES TOTAL)</u> (REST 3-5 MINUTES IN BETWEEN GIANT SETS)	

*DYNAMIC STEP UPS	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)

CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 3 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(2 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TAKE TIME ONCE PER WEEK TO FOAM ROLL THE
BOTTOMS OF YOUR FEET.

TAKE OFF YOUR SHOES AND SOCKS, USE A
BASEBALL, TENNIS BALL, LACROSSE BALL, ETC,
AND ROLL OUT THE BOTTOMS OF YOUR FEET.

IF YOU'RE FOLLOWING THE FOOT
STRENGTHENING ROUTINE THEN YOU SHOULD
ALREADY BE DOING THIS.

PHASE 4 - WEEK 3 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***IF YOU DON'T HAVE AN OPEN AREA, SKIP THE EXERCISES IN GREEN AND ONLY DO THE EXERCISES IN BLUE**

LATERAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
F&B MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 3	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 3 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(3 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

MAKE SURE TO DO SOME DEEP BREATHING AND RELAXATION AFTER EVERY WORKOUT.

THE GOAL IS TO SWITCH YOUR BODY INTO RECOVERY MODE AND PROMOTE HEALING AND GROWTH OF THE MUSCLES, TENDONS, AND CENTRAL NERVOUS SYSTEM.

PHASE 4 - WEEK 3 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

DEVELOP A POWERFUL MORNING ROUTINE.
WIN THE MORNING, WIN THE DAY.
CHOOSE A NUMBER OF POSITIVE HABITS THAT
YOU CAN DO RIGHT WHEN YOU WAKE UP TO GET
MOMENTUM FOR YOUR DAY.
FOR EXAMPLE, MY MORNING ROUTINE IS THIS:
WAKE UP, DRINK A GLASS OF WATER, DO 20 PUSH
UPS, WRITE DOWN MY GOALS, VISUALIZE MY
GOALS, AND THEN GO WORKOUT.

PHASE 4 - WEEK 4 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

FRENCH CONTRAST WORKOUT

WE ARE NOW USING GIANT SETS, WHICH MEANS YOU WILL PERFORM ALL 4 EXERCISES IN A ROW WITH 20 SECONDS IN BETWEEN EACH (CLICK HERE TO SEE AN EXAMPLE OF HOW A GIANT SET WORKS)

*PISTOL SQUAT SWITCHING LEGS	(1 REP AWAY FROM FAILURE W/ WEAK LEG) (20 SEC BELLY BREATHING)
DEPTH JUMP	(4 REPS WITH AN 18 INCH BOX) (20 SEC BELLY BREATHING)
*DUMBBELL SQUAT JUMPS	(4 REPS) (20 SEC BELLY BREATHING)
15 YARD SPRINT	(15 YARDS)
- IF YOU CAN'T DO A 15 YARD SPRINT, DO 4 TUCK JUMPS INSTEAD (CLICK HERE FOR TUCK JUMP VIDEO)	
<u>(REPEAT THIS CIRCUIT 4 TIMES TOTAL)</u> (REST 3-5 MINUTES IN BETWEEN GIANT SETS)	

*LATERAL STEP UPS	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)

CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 4 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(1 SET - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

DON'T SKIP THE UPPER BODY WORKOUTS.

LEBRON WORKS HIS UPPER BODY. KYRIE WORKS HIS UPPER BODY. EVERY NBA SUPERSTAR ALSO WORKS OUT THEIR UPPER BODY.

THERE IS A GOOD REASON FOR THAT.

PHASE 4 - WEEK 4 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION & BANDED STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 3	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)

CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 4 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(2 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

IF YOU HAVE ANY KNEE PAIN, ADD AN EXTRA 15
MINUTES OF STRETCHING PER DAY.

THE BEST STRETCHES FOR KNEE PAIN ARE:

COUCH STRETCH

HAMSTRING STRETCH

QUAD STRETCH

CALF STRETCH

90 90 STRETCH

PHASE 4 - WEEK 4 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

FRENCH CONTRAST WORKOUT

WE ARE NOW USING GIANT SETS, WHICH MEANS YOU WILL PERFORM ALL 4 EXERCISES IN A ROW WITH 20 SECONDS IN BETWEEN EACH (CLICK HERE TO SEE AN EXAMPLE OF HOW A GIANT SET WORKS)

*PISTOL SQUAT SWITCHING LEGS	(1 REP AWAY FROM FAILURE W/ WEAK LEG) (20 SEC BELLY BREATHING)
DEPTH JUMP	(4 REPS WITH AN 18 INCH BOX) (20 SEC BELLY BREATHING)
*DUMBBELL SQUAT JUMPS	(4 REPS) (20 SEC BELLY BREATHING)
15 YARD SPRINT	(15 YARDS)
- IF YOU CAN'T DO A 15 YARD SPRINT, DO 4 TUCK JUMPS INSTEAD (CLICK HERE FOR TUCK JUMP VIDEO)	
<u>(REPEAT THIS CIRCUIT 4 TIMES TOTAL)</u> (REST 3-5 MINUTES IN BETWEEN GIANT SETS)	

*CROSSOVER STEP UP	(3 SETS OF 6 REPS) (SUPERSET WITH SINGLE LEG RDL)
*SINGLE LEG RDL	(3 SETS OF 6 REPS) (REST 1-2 MIN IN BETWEEN SUPERSETS)

CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 4 - WEEK 4 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

EXPLOSIVE PULL UPS

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 2 MINUTES) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 75 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(2 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

TIP:

TO OPTIMIZE YOUR SLEEP AND MAKE AS MUCH PROGRESS AS POSSIBLE, TRY TO GO TO BED AROUND THE SAME TIME EVERY NIGHT AND WAKE UP AT THE SAME TIME EVERY MORNING.

IF YOU GO TO BED AT 10PM, TRY TO GO TO BED AT 10PM EVERY NIGHT.

PHASE 4 - WEEK 4 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

TIP:

TRY TO TAKE COLD SHOWERS AS SOON AS YOU WAKE UP.

COLD SHOWERS NOT ONLY IMPROVE CIRCULATION AND HELP YOUR BODY RECOVER FASTER, BUT THEY ALSO IMPROVE YOUR METABOLISM AND HELP KEEP YOUR IMMUNE SYSTEM HEALTHY.

PHASE 5 - WEEK 1 - DAY 1

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY AND VERTICAL JUMP/EXPLOSIVENESS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES,SHOOTING,ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 5 - WEEK 1 - DAY 2

DELOAD DAY

TODAY IS A DELOAD DAY.

THIS MEANS THAT WE ARE REPLACING A WORKOUT DAY WITH ANOTHER REST DAY TO OPTIMIZE RECOVERY AND VERTICAL JUMP/EXPLOSIVENESS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

HERE ARE ACTIVITIES THAT ARE ACCEPTABLE FOR A DELOAD DAY.

GOING FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
LIGHT SKILLS SESSIONS	(HANDLES,SHOOTING,ETC)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 5 - WEEK 1 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***IF YOU DON'T HAVE AN OPEN AREA, SKIP THE EXERCISES IN GREEN AND ONLY DO THE EXERCISES IN BLUE**

BOX MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
DIAGONAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
*DUMBBELL POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 4	(3 SETS OF 30 YARDS EACH LEG) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 1 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(2 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 1 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & EXPLOSIVE STRENGTH WORKOUT

SQUAT JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE STEP UPS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE BULGARIAN SS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
HURDLE JUMPS	(3 SETS OF 3 REPS) (1-2 MIN REST IN BETWEEN)
BROAD JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 1 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(3 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 30 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 1 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 5 - WEEK 2 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION AND BANDED STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 4	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)

CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 2 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(1 SET - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(1 SET - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(1 SET - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 2 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & EXPLOSIVE STRENGTH WORKOUT

SQUAT JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE STEP UPS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE BULGARIAN SS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
HURDLE JUMPS	(3 SETS OF 3 REPS) (1-2 MIN REST IN BETWEEN)
BROAD JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 2 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(2 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 2 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***IF YOU DON'T HAVE AN OPEN AREA, SKIP THE EXERCISES IN GREEN AND ONLY DO THE EXERCISES IN BLUE**

BOX MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
DIAGONAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
*DUMBBELL POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 4	(3 SETS OF 30 YARDS EACH LEG) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 2 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(3 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 60 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 2 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 5 - WEEK 3 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & EXPLOSIVE STRENGTH WORKOUT

SQUAT JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE STEP UPS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE BULGARIAN SS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
HURDLE JUMPS	(3 SETS OF 3 REPS) (1-2 MIN REST IN BETWEEN)
BROAD JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 3 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(1 SET - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(1 SET - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(1 SET - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 3 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION AND BANDED STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 4	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)

CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 3 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(2 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(2 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 3 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & EXPLOSIVE STRENGTH WORKOUT

SQUAT JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE STEP UPS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE BULGARIAN SS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
HURDLE JUMPS	(3 SETS OF 3 REPS) (1-2 MIN REST IN BETWEEN)
BROAD JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT I	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 3 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(3 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 90 SEC) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 3 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

PHASE 5 - WEEK 4 - DAY 1

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

REACTIVE SPEED, AGILITY, QUICKNESS, & FIRST STEP WORKOUT

***IF YOU DON'T HAVE AN OPEN AREA, SKIP THE EXERCISES IN GREEN AND ONLY DO THE EXERCISES IN BLUE**

BOX MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
DIAGONAL MIRROR DRILL	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
CURVED CONE TOUCH	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
BANDED FIRST STEP 1-2 PUSHES	(3 TIMES THROUGH) (1-2 MIN REST IN BETWEEN)
HIP FLIP 1-2 PUSHES	(6 TIMES THROUGH; 3 EACH SIDE) (1-2 MIN REST IN BETWEEN)
BANDED LATERALS	(3 SETS OF 6 SHUFFLES EACH SIDE) (1-2 MIN REST IN BETWEEN)
BACKWARD SPRINTS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
*DUMBBELL POWER SKIPS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 4	(3 SETS OF 30 YARDS EACH LEG) (1-2 MIN REST IN BETWEEN)
SLED PULLS	(3 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 2	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 4 - DAY 2

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(1 SET - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(1 SET - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(1 SET - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

CRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 4 - DAY 3

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

PLYOMETRIC & EXPLOSIVE STRENGTH WORKOUT

SQUAT JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE STEP UPS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
EXPLOSIVE BULGARIAN SS	(3 SETS OF 5 REPS EACH LEG) (1-2 MIN REST IN BETWEEN)
HURDLE JUMPS	(3 SETS OF 3 REPS) (1-2 MIN REST IN BETWEEN)
BROAD JUMPS	(3 SETS OF 5 REPS) (1-2 MIN REST IN BETWEEN)
BAND SQUATS	(3 SETS OF 10 REPS) (SUPERSET WITH BAND GOODMORNINGS)
BAND GOODMORNINGS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN SUPERSETS)
BAND PULLTHROUGHS	(3 SETS OF 10 REPS) (1-2 MIN REST IN BETWEEN)
CORE WORKOUT 3	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 4 - DAY 4

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(2 SETS - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(2 SETS - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

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SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

GRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 4 - DAY 5

WARM UP

DYNAMIC WARM UP	(6 MINUTES)
OPTIONAL FOAM ROLLING	(5 MINUTES)
REVERSE DEADMILLS	(3 SETS OF 2 MINUTES) (1 MIN REST IN BETWEEN)
QUICK MOBILITY	(6 MINUTES)

JUMP SESSION AND BANDED STRENGTH WORKOUT

WARM UP WITH A FEW SUB-MAXIMAL SETS OF SPRINTS IF NEEDED

BACKWARD SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
POWER SKIPS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
SPRINTS	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
BOUNTING LEVEL 4	(2 SETS OF 30 YARDS) (1-2 MIN REST IN BETWEEN)
JUMP SESSION	(12 JUMPS AT 25% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 50% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (12 JUMPS AT 75% INTENSITY) (REST 15-30 SEC BETWEEN JUMPS) (36 JUMPS AT 100% INTENSITY) (REST 30-45 SEC BETWEEN JUMPS)

PERFORM AN EXTRA 6 REPS OFF OF YOUR WORST APPROACH, AN EXTRA 4 REPS OFF OF YOUR SECOND WORST APPROACH, AND AN EXTRA 2 JUMPS OFF OF YOUR SECOND BEST APPROACH.

MONSTER WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)
LATERAL SIDE STEPS	(2 SETS OF 10 STEPS EACH DIRECTION) (1-2 MIN REST IN BETWEEN)
HALF MOON WALKS	(2 SETS OF 10 STEPS FORWARD & BACK) (1-2 MIN REST IN BETWEEN)

CORE WORKOUT 4	(1 ROUND)
OPTIONAL STATIC STRETCHING	(1 ROUND)
BREATHING & VISUALIZATION	(1 ROUND)

PHASE 5 - WEEK 4 - DAY 6

FEET, ANKLES, SHOULDERS, HIPS, & SPINE

FEET & ANKLES

(1 FULL COMPLETION OF THE ROUTINE)

SHOULDERS, HIPS & SPINE

(1 FULL COMPLETION OF THE ROUTINE)

UPPER BODY WORKOUT

PLYO PUSH UP JACK PYRAMID

(1 TO 10 TO 1) (2 MIN REST WHEN FINISHED WITH THE FULL PYRAMID)

SWITCH GRIP PULL UPS

(3 SETS - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

*DB BICEP CURL TO SP

(3 SETS - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

TRICEP BENCH DIPS

(3 SETS - AMRAP FOR 2 MIN) (1-2 MIN REST IN BETWEEN SETS)

SUPERMAN LAT PULL

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BEAR TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

GRAB TAPS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SWIMMERS

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

SMALL ARM CIRCLES

(3 SETS OF 100 REPS FORWARD & BACKWARD) (1-2 MIN REST)

L SIT HOLD

(3 SETS OF 60 SECONDS) (1-2 MIN REST IN BETWEEN SETS)

BREATHING & VISUALIZATION

(1 ROUND)

PHASE 5 - WEEK 4 - DAY 7

REST DAY

TODAY IS A REST DAY. IF YOU REALLY WANT TO DO SOME WORK, BELOW ARE A FEW OPTIONS THAT WILL PROMOTE HEALING, RECOVERY, AND RESULTS.

DO NOT DO ANY WORKOUTS AND TRY NOT TO PLAY YOUR SPORT INTENSELY. SKILLS SESSIONS ARE FINE.

GO FOR A WALK	(20-30 MINUTES)
FOAM ROLLING	(5 MINUTES)
HIP MOBILITY ROUTINE	(15 MINUTES)
BREATHING & VISUALIZATION	(1 ROUND)

HERE ARE A FEW MORE TIPS TO GET THE MOST FROM YOUR REST DAY:

- EAT NUTRITIOUS FOODS
- CONSUME 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT
- HYDRATE
- TAKE A NAP

WHAT SHOULD YOU DO NOW?

CONGRATULATIONS!

I can assure you that less than 10% of the people who receive this program actually complete the entire thing.

You have taken action and I am sure that you are seeing tremendous results from your efforts.

Those results are well deserved.

At this point, you should take a one-week break from all leg, core and vertical jump training. Give your legs a rest and allow your muscles and nervous system to fully recover.

In one week, you may repeat the program (or send me your before and after progress videos, which gets you 3 months access to my next programs). Either way, make sure to continue to implement the progressive overload principle by continually doing a little more than your body is used to

Remember, if you don't use it, you lose it. You must continue to participate in the vertical jump training as long as you wish to jump higher.

If you don't, you are like the bodybuilder who wants his muscles to stay huge but doesn't want to work out anymore.

With that said, you should be proud of yourself! I would also love to hear about your results, so if you would do me the honor, please email me at nathanaelmortoncoaching@gmail.com and tell me about your vertical jump training journey! Until next time, I wish you the best!

ACTION IS EVERYTHING

NATHANAEL MORTON

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