



Vertical Jump Program

Measure Your Jump First

The first step on your journey to increasing your vertical jump is to get a starting point of where you're currently at so that you can track your progress.

Here's how to do it, (you'll need) another friend to help you, a ladder, and either a permanent marker or chalk.

1. Find a wall or pole tall enough that when you jump you cannot touch the top.
2. Stand next to the pole or wall and extend your arm as high as you can above your head. This is your standing reach. Have your friend mark your standing reach with either a piece of chalk or a permanent marker.
3. Now from a standing start, jump and touch as high up the wall or pole as you possibly can. You'll need your friend to watch and see where you touch so that there's no confusion. Get your friend to climb the ladder and mark where you were able to reach on the wall.
4. Measure the distance between your standing reach and your jumping reach. This is your current vertical jump.

Warming Up

Use BNSW Warm up, plus a jog/bike ride/swim or light skipping.....

Phases

3 phases of 4 week blocks.

Frequency

Week 1 – Every second day (4 times per week)

Week 2 – Every second day (3 times per week)

Week 3 – Every second day (4 times per week)

Week 4 – Rest Week (Need to allow your muscles to recover and repair to become stronger & explosive)

Rest Intervals

One-minute rest intervals between exercises (have a stop watch/timer or your phone).

Record Your Progress

ONLY at the END of Rest week in each phase do you record your score to see progress. Avoid doing so throughout weeks 1-3.

Exercises:

Jumping Rope – Jumping rope involves holding a rope with both hands and swinging it around your body continuously.

4-Corners – Involves you imagining 4 dots in a square shape about 40 cm apart. To complete 4-corners you jump around the square in a clockwise direction landing on each dot for the required number of repetitions. 4 jumps and completing the square equals one repetition.

Single-Leg 4-Corners – Exactly the same as 4-Corners except performed on one leg.

Slow-Motion Squats – Involves standing with your feet shoulder width apart. From this position slowly lower down until you are in a deep squat making sure your heels are flat on the ground. Hold for 2 seconds before slowly rising back to the starting position. The descent and rise should each take 4 seconds to complete. Throughout the entire exercise make sure to keep your head up and your back straight.

Tuck Jumps – Tuck jumps involve descending into a comfortable squat and then jumping as high as possible and bringing your knees to your chest.

High-Reach Jumps – Are similar to tuck jumps, but instead of bringing your knees to your chest, you just reach as high as you can. This is done best under a basketball ring or near a wall so that you can

tell how much lower your reach becomes as you fatigue. Try to reach the same height through all repetitions.

Lateral Jumps – Involve standing parallel to a line/stick on one side and then quickly jumping sideways back-and-forth over the line. Over and back equals one repetition.

Single-Leg Lateral Jumps – Exactly the same as lateral jumps except performed on one leg.

Alternating Lunge Jumps – From a normal standing position, take one step forward with your right foot and one step backwards with your left foot. This is your starting position. From this position, jump as high as you can in the air and switch leg positions.

Straight Leg Calf Jumps – Without bending your knees, jump up and down in the same spot. You won't get very high off the ground and it will be the ankle doing all the movement which will work the calf muscle.

Toe Raises – Stand regularly, then raise up onto the tips of your toes. Lower back down. Don't rock up and down, do it slowly. This is improved by using stairs if you have access to them.

Phase 1

Weeks 1 – 3

Order #	Exercise	Set x Reps	Rest Between	Jump Intensity	Jump Volume
1	Jumping Rope	2x 2 minutes	30 seconds	Low	-
2	Dynamic stretches	BNSW stretch routine			
3	Slow Motion Squats	3x 10	1 min	-	-
4	Lateral Jumps	3 x 10	1 min	Low	30
5	Alternating Jump Lunges	3x 8	1 min	High	24
6	Tuck Jumps	3x 8	1 min	Mod	24
7	Toe Raises	3x 20	1 min	-	-
8	Dynamic stretches	BNSW stretch routine			

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Week 4 – Rest & Test

Phase 2

Weeks 5 – 7

Order #	Exercise	Set x Reps	Rest Between	Jump Intensity	Jump Volume
1	Jumping Rope	2x 2 minutes	30 seconds	Low	-
2	Dynamic stretches	BNSW stretch routine			
3	Slow Motion Squats	3x 10	1 min	-	-
4	4-Corners	3 x 10	1 min	Low	30
5	Single-Leg Lateral Jumps	3x 8	1 min	High	24
6	Alternating Jump Lunges	3x 8	1 min	High	24
7	High Reach Jumps	3x 8	1 min	Mod	24
8	Straight-Leg Calf Jumps	3x 8	1 min	Mod	24
9	Toe Raises	3x 20	1 min	-	-
10	Dynamic stretches	BNSW stretch routine			

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Week 8 – Rest & Test

Phase 3

Weeks 9 – 11

Order #	Exercise	Set x Reps	Rest	Jump Intensity	Jump Volume
1	Jumping Rope	3x 2 minutes	30 sec	Low	-
2	Dynamic stretches	BNSW stretch routine			
3	Slow Motion 1-leg ¼ Squat	3x 8	1 min	-	-
4	Single-Leg 4-Corners	3x 10	1 min	High	30
5	Single-Leg Lateral Jumps	3x 10	1 min	High	30
6	Alternating Jump Lunges	3x 10	1 min	High	30
7	High Reach Jumps	3x 12	1 min	Mod	36
8	Straight-Leg Calf Jumps	3x 12	1 min	Mod	36
9	Toe Raises	3x 20	1 min	-	-
10	Dynamic stretches	BNSW stretch routine			
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Week 12 – Rest & Test