

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

PPC TRAINING TIPS – Increase Vertical Jump Cory Barsness, CSCS

If you want to increase your vertical jump, you must train specifically to reach your goals. Performing plyometric or jumping exercises and focusing on strengthening the calf muscle will address the goal of increasing your vertical jump. Also, the exercises and protocol I suggest will help prepare you for dynamic jumps in athletics.

15 week Jump Program consists of 8 exercises:

1. Straight leg Jumps
2. Knee Tuck + Squat Jumps
3. Split Leg Step Up Jumps
4. Lateral Step Up Jumps
5. Crossover Step Up Jumps
6. Squat Baby Jump + Big Jump
7. Step Calf Raises
8. Toe Hops

Perform these exercises 3 days per week with a day of recovery in between each day.
Rest for 30 seconds in between sets of exercises and Rest for 60 seconds in between exercises.
(If you miss days, you will feel the hurt with the progression of volume)

Wk 1-2

2 sets of 10 reps for exercises 1, 2, 3, 6, 7 & 1 set of 50 reps of exercise 8

Wk 3-4

3 sets of 15 reps for exercises 1, 2, 4, 6, 7 & 1 set of 100 reps of exercise 8

Wk 5-6

3 sets of 20 reps for exercises 1, 2, 3, 5, 6, 7 & 1 set of 150 reps of exercise 8

Wk 7

2 sets of 10 reps for exercises 1, 2, 4, 7 & 1 set of 200 reps of exercise 8

Wk 8

3 sets of 20 reps for exercises 1, 2, 3, 6, 7 & 1 set of 250 reps of exercise 8

Wk 9-10

4 sets of 25 reps for exercises 1, 2, 4, 5, 7 & 1 sets of 300 reps of exercise 8

Wk 11-12

4 sets of 30 reps for exercises 1, 2, 3, 6, 7 & 1 sets of 350 reps of exercise 8

Wk 13

2 sets of 10 reps for exercises 1, 2, 4, 7 & 1 set of 400 reps of exercise 8

Wk 14-15

4 sets of 30 reps for exercises 1, 2, 3, 4, 5, 6, 7 & 1 set of 500 reps of exercise 8