

Above the Rim

Jump Program

This program is designed to assist athletes with their quickness, agility, and jumping ability. It is an intense workout that takes 12-15 minutes to complete. This program, if done for an extended period of time, will produce significant results in all aspects of one's athletic abilities. The results will be noticeable! The workout should be repeated every other day, allowing time for the body to recover in between workouts. The entire workout must be done as quickly as possible, with an attempt to improve from the previous day. Chart each day's scores, so that improvements can be monitored. This program works very well if done with a partner (one partner exercises for 15 seconds while the other is recovering), or alone. Enjoy the results!!!

1. **Warm-up** – Loosen up and stretch the muscles properly.
2. **Rope skipping** – 4 sets: 15 seconds on, 15 seconds off
1st set: two feet 2nd set: right foot, left foot 3rd set: right foot only 4th set: left foot only Optional set: double-skips
3. **Bench jumps** – 4 sets: 15 seconds on, 15 seconds off (if a bench is not available, find another object to jump over!)
4. **Stair jumps** – 1 set for each exercise: (jump up & back down, allowing only the toes to touch the corner or top of the step)
 - 1 step jumps (two feet) – 15 seconds on, 15 seconds off
 - 2 step jumps (two feet) – 15 seconds on, 15 seconds off
 - 3 step jumps (two feet) – 15 seconds on, 15 seconds off
 - 1 step jumps (right foot) – 15 seconds on, 15 seconds off
 - 1 step jumps (left foot) – 15 seconds on, 15 seconds off
5. **X jumps** – 2 sets: 15 seconds on, 15 seconds off

Make five spots on the floor approximately one foot away from each other (as shown below). Start with the left foot on spot 1 and the right foot on spot 2. Start the exercise by bringing both feet to spot 3 and then jumping again so that the left foot is on spot 4 and the right foot is on spot 5. Jump backwards so that both feet return to spot 3, and then to spots 1 and 2. Repeat the 'X' jumps as many times possible within the 15-second time period.



6. **Speed jumps** – 2 sets: 15 seconds on, 15 seconds off

Choose an object to reach for (i.e. mesh, backboard, rim, ceiling...preferably an object that is a challenge to touch). For each jump, spend as little time on the ground as possible. As soon as you touch the floor, spring up again explosively, reaching for the object.

Testimonial:

In grade 9 I could not touch the mesh. In grade 12 I could not touch the rim. But, I was determined to dunk! After trying every workout program possible, I created this series of exercises in order to maximize my athletic abilities and be efficient with my time! In just 12 minutes, I found I was doing more than I did in most 1-hour workout programs!

*Mano Watsa, Power To Choose Director
Height: 5'10 Vertical: 42 Inches*

** Measure your standing & running vertical jump prior to starting the program and in 3-month increments thereafter.
Be sure to send us your results, and we'll post them on our website."*