



## MAXIMUM STRENGTH TRAINING FOR JUMPING

As stated in the **BoingVERT** Jump System Training Manual, **increasing maximum force is very rarely the limiting component to one jumping higher**. Even though this thought is contrary to popular belief, other factors such as explosive power, force absorption, and jump mastery (i.e. movement technique/coordination) will be more important in the whole scheme of things. That said there will be athletes who have a weakness of maximum strength/force development. Often times, this is the case with athletes who: **1). Are beginning-level athletes or those individuals of lower levels of physical prowess. 2). Spend the majority of their time just jumping or playing their sport. 3). Elastic/reactive-based jumping athletes who rely on genetics to jump high**. Thus for the athletes who need additional maximum force capabilities this program will be right up their alley and will help their weakness drastically in a short period of time. Others who may possess higher force outputs and strength levels may also feel inclined to use this special strength training plan for rapid increases in strength development. By combining the adaptations elicited in this type of work-out alongside performing specific jump mastery work, anyone can expect to see a jolt in their overall jumping prowess by the end of the 3 week phase. As you can see, this work-out is not designed to be overly complicated by any means. However, the concept of gaining strength isn't all that difficult to be honest...that is, as long as someone is willing to push themselves to the absolute limits on each and every set. The training exercises prescribed are basic and involve much of the musculature important in jumping.



### **Phase Duration: 3 weeks**

**Frequency:** The work-outs in this phase are designed to be completed 2 times per week with at least 48 hours of rest in between those training sessions. On off days, additional core work or sport-specific jumping could be completed. In fact, jumping on those days is highly advised in order to take advantage of the new-found force production qualities in the most appropriate fashion.

**Warm-up/Movement Preparation:** It is expected that you perform a dynamic warm-up prior to each work-out like the one found in the BoingVERT Jump System Training Manual.

**Loading:** As you will see in the 'Notes' section on each of the work-outs, you must pay close attention to the load that you are using. Furthermore, the completion of each work-out will be dependent on your calculation for the optimal load to be used. Thus, it is important that you know where your current 1-Rep Maximum (1RM) strength resides as the loads prescribed will be calculated based on those figures. For example, if the load states that you should be using 90% 1RM and your current maximum squat for 1 repetition is 300 lb you should use 270 lb for those sets.

**Additional Notes:** The idea with this short 3-week training plan is focused solely on strength/force production. As you can see week-by-week, this Maximum Strength Training for Vertical Jumping Phase resides on the fundamental training concept of *Progressive Overload*. Progressive overload is essentially the systematic process of requiring your body to adapt to training demands that it currently isn't accustomed to over a period of time. Thus, the biggest thing in each of these work-outs is effort! Even though it seems simplistic, it is not for the faint of heart. Gaining good ole fashioned strength requires blood, tears, and old-school heart. If you are willing to push yourself during these 3 weeks, you will reap the rewards of your labor.

**Special Notes for BoingVERT Society Members:** For those of you whom are already following the BoingVERT Jump System, you could incorporate this

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Strength Training Phase in between Phases 2 and 3 and/or between Phases 3 and 4. However, do NOT skip or replace any of the other Phases of the Jump System.

Thanks!

Dr. Jump aka Shawn Myszka

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If you have **ANY** questions, email us at [boingvert@gmail.com](mailto:boingvert@gmail.com)

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## Week 1-Maximum Strength for Vertical Jump

### Day 1

Date	Time	Weight	Sleep	Mood
<i>Jump Specific Strength:</i>				
	Sets	Reps	Rest	Notes
Countermovement Jump	2	3	3 min	Max Effort
Barbell Squat	2	8	1.5 min	Warm-up; use light load
Barbell Squat	2	6	2.5-3 min	80% 1RM
Barbell Squat	2	4	2.5-3 min	87% 1RM
Barbell/Dumbbell Lunge	3	8 each	1.5 min	Use moderate load
<i>Static Stretching or Foam Rolling</i>				

### Day 2

Date	Time	Weight	Sleep	Mood
<i>Jump Specific Strength:</i>				
	Sets	Reps	Rest	Notes
Pause Jump	2	3	3 min	3 sec pause, Max Effort
Deadlift	2	8	1.5 min	Warm-up; use light load
Deadlift	2	6	2.5-3 min	80% 1RM
Deadlift	2	4	2.5-3 min	87% 1RM
Glute Ham Raise	3	8	1.5 min	w/partner holding
<i>Static Stretching or Foam Rolling</i>				

## Week 2-Maximum Strength for Vertical Jump

### Day 1

Date	Time	Weight	Sleep	Mood
<i>Jump Specific Strength:</i>				
	Sets	Reps	Rest	Notes
Countermovement Jump	2	3	3 min	Max Effort
Barbell Squat	2	8	1.5 min	Warm-up; use light load
Barbell Squat	2	4	2.5-3 min	87% 1RM
Barbell Squat	2	2	2.5-3 min	95% 1RM
Barbell Squat	1	Till failure	2.5-3 min	80% 1RM
Barbell/Dumbbell Lunge	3	10 each	1.5 min	Use moderate load
<i>Static Stretching or Foam Rolling</i>				

### Day 2

Date	Time	Weight	Sleep	Mood
<i>Jump Specific Strength:</i>				
	Sets	Reps	Rest	Notes
Pause Jump	2	3	3 min	3 sec pause, Max Effort
Deadlift	2	8	1.5 min	Warm-up; use light load
Deadlift	2	4	2.5-3 min	87% 1RM
Deadlift	2	2	2.5-3 min	95% 1RM
Glute Ham Raise	3	10	1.5 min	w/partner holding
<i>Static Stretching or Foam Rolling</i>				

## Week 3-Maximum Strength for Vertical Jump

### Day 1

Date	Time	Weight	Sleep	Mood
<i>Jump Specific Strength:</i>				
	Sets	Reps	Rest	Notes
Countermovement Jump	2	3	3 min	Max Effort
Barbell Squat	2	8	1.5 min	Warm-up; use light load
Barbell Squat	2	3	2.5-3 min	87% 1RM
Barbell Squat	1	2	3+ min	95% 1RM
Barbell Squat	1	1	3+ min	102% 1RM
Barbell/Dumbbell Lunge	3	12 each	1.5 min	Use moderate load
<i>Static Stretching or Foam Rolling</i>				

### Day 2

Date	Time	Weight	Sleep	Mood
<i>Jump Specific Strength:</i>				
	Sets	Reps	Rest	Notes
Pause Jump	2	3	3 min	3 sec pause, Max Effort
Deadlift	2	8	1.5 min	Warm-up; use light load
Deadlift	2	3	2.5-3 min	87% 1RM
Deadlift	1	2	3+ min	95% 1RM
Deadlift	1	1	3+ min	102% 1RM
Glute Ham Raise	3	12	1.5 min	w/partner holding
<i>Static Stretching or Foam Rolling</i>				



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