



BOINGVERT



SAVAGE

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Notes about the Program:

This program is intended to help each athlete improve his/her rate of force development. This improvement should lead an increased vertical jump. Please note that not everyone will see the same level of improvements. One athlete may gain 1-2 inches and another may gain over 6 inches. However, the goal is to see each individual's numbers improve by the end of the program.

It is our philosophy that when jump training, less is more. Appropriate jump training can be taxing on the nervous system and on the joints (especially knees and ankles). So, with this in mind we typically recommend no more than 25 jumps in a day and not more than 100 jumps in a week. We believe these numbers will help ensure that each jump done in training will be at maximum effort, and won't have as great a dampening effect on the nervous system.

Every Jump involves three different muscle contractions. The first part usually consists of an eccentric muscle contraction. This is a contraction that occurs as the muscle is lengthening. During this phase, potential energy is being stored in the muscle cell. The next contraction is an isometric contraction. This is the bridge the eccentric and final contractions. During this phase the potential energy is being converted to kinetic energy. The final contraction is the concentric contraction. This is when the kinetic energy is released and the muscles shorten causing a vertical acceleration of the body. Our efficiency in these three phases will help us as we look to maximize your vertical jump. So, our program will also help us as we look to train each area of movement. This program is a hybrid program that involves both body weight and loaded exercises. It is a 12 week program that will consist of 4 individual phases. The first phase is a 2 week general preparation phase, where we will focus on eccentric movements. During this time we will get getting our bodies prepared for the work that is to follow. The next 3 weeks will be an isometric or pause phase. This will be where we will work to bridge the gap between eccentric and concentric. The next 4 weeks we will start to incorporate more of a concentric focus. Here we will focus on improving our force capacity. The final 3 weeks will be our peak power phase where we will work to transform our new force ceiling into power production.

Structure of the Program:

As for the structure of the workouts. Each workout will have a similar set up. The set-up is as follows:

- Tissue Quality
- Tissue Length
- Tissue Temperature
- Tissue Strength

Tissue quality: Soft-tissue work. Goal is to break up scar tissue and improve muscles ability to move

Tissue length: improve the active range of motion of the muscle. Will help improve movement abilities.

Tissue Temperature: Increase core body temperature and ready the body for upcoming workout

Tissue Strength: The workout for the day.

The workouts will be 3 days a week. Ideally, we want 24-48 hour rest between workouts (i.e. M,W,F or T,TH,Sa or Sa, M,W etc) The 1st day of the week will focus on bilateral static jumping/landing (2 legs). The 2nd day will focus on Unilateral jumping. The 3rd day will focus on bilateral dynamic jumping/landing. During the non-training days, you can feel free to do some torso training, as a strong core will help with the transfer of force throughout the body.

The program is designed to go in order, as one phase builds towards the next. Please have patience and see the program through from start to finish. Skipping any of the phases will decrease the effectiveness of the program. Improving vertical jumps can take time. Be patient and stay the course.

Abbreviations:

SL = Single Leg

KB = Kettlebell

DB = Dumbbell

BW = Bodyweight

RFE = Rear Foot Elevated

EA = Each

SEC = second

AMRAP = As many reps as possible

Equipment Needed:

Recommended	Alternative
24 inch box	
Foam roller	

PHASE 1

Phase 1: General preparation phase/ eccentric

Week 1: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	2	10		reach both hands to toes
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Perform the 1st three exercises in a row, then repeat before doing the 3 way split squat

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
3 way elbow holds	3	10sec ea	:30	squeeze abs during holds
1/2 dead bug	1	10 ea		reach both hands to toes
Double leg hip bridge hold	2	3 reps x 10sec ea	:30	squeeze glutes tight
ankle jumps	2	amrap in 10sec	:30	
Depth drop holds	2	5	:45	use 18" box, landing in good athletic position
sprints	4	10 yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Eccentric Body weight squats	2	8	1:00	5 sec eccentric
Eccentric trap bar deadlift	2	5	1:30	5sec eccentric (set 1 @ 65%, set 2 @70%)
db split squat	2	8	1:00	Use a moderately heavy load
supine leg curl	2	10	1:00	can be done in socks on wood or tile floor

Cool down: Foam roll and/or stretch

Phase 1: General preparation phase

Week 1: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way split squat	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position shoulder taps	2	8 ea arm	:30	squeeze abs during holds
bear crawl	1	5 yards		forward and backward
SL Bridge Holds	2	2 reps x 10sec ea	:30	squeeze glutes tight
SL ankle jumps	2	amrap in 6sec	:30	
SL Step downs	2	5	:45	use 12-18" box, land with knee over toe
sprints	4	10 yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Eccentric Body weight step ups	2	8	1:00	5 sec eccentric
DB rear foot elevated split squats	2	5	1:30	5sec eccentric set 1@30% squat max, set 2 @32.5%
SL DB RDL	2	8	1:00	
SL 3 way touches	2	3	1:00	

Cool down: Foam roll and/or stretch

Phase 1: General preparation phase

Week 1: Day 3 (bilateral)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
high knee grab to lunge	2	5 reps each leg		
heel up and grab	2	5		keep legs straight
leg swings	1	10 ea way		forward/backward and lateral (side to side)
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Mini band lateral walks	2	5 yards	:30	
(if no band) manual clam	2	8		5 seconds on the way out
Power Skips	2	3 ea leg	:30	
jump ready positioning	2	10	:45	
sprints	4	10yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Eccentric goblet squat	2	5	1:30	5sec eccentric. Both sets at 50% bdwt
Eccentric glute ham	2	5	1:00	5sec eccentric w/ partner
SL DB Deadlift	2	5 ea leg		
Body weight good morning	2	10		2sec eccentric

Cool down: Foam roll and/or stretch

Phase 1: General preparation phase

Week 2: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	2	10		reach both hands to toes
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Perform the 1st three exercises in a row, then repeat before doing the 3 way split squat

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
3 way elbow holds	3	10sec ea	:30	squeeze abs during holds
1/2 dead bug	1	10 ea		reach both hands to toes
Double leg hip bridge hold	3	3 reps x 10sec ea	:30	squeeze glutes tight
ankle jumps	3	amrap in 10sec	:30	
Depth drop holds	3	5	:45	use 18" box, landing in good athletic position
sprints	4	10yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Eccentric Body weight squats	3	8	1:00	5 sec eccentric
Eccentric trap bar deadlift	3	5	1:30	5sec eccentric. (set 1 @ 65%, set 2 @70%, set 3 @75%)
db split squat	2	8	1:00	
supine leg curl	2	12	1:00	can be done in socks on wood or tile floor

Cool down: Foam roll and/or stretch

Phase 1: General preparation phase

Week 2: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way split squat	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position shoulder taps	2	8 ea arm	:30	squeeze abs during holds
bear crawl	2	5yards		forward and backward
SL Bridge Holds	2	2 reps x 10sec ea	:30	squeeze glutes tight
SL ankle jumps	3	amrap in 6sec	:30	
SL Step downs	2	5	:45	use 12-18" box, land with knee over toe
sprints	5	10yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Eccentric Body weight step ups	4	8	1:00	5 sec eccentric
DB rear foot elevated split squats	3	5	1:30	5sec eccentric. 1@30% squat max, set 2 @32.5%, set 3 @35%
SL DB RDL	2	8	1:00	
SL 3 way touches	2	3	1:00	

Cool down: Foam roll and/or stretch

Phase 1: General preparation phase

Week 2: Day 3 (bilateral)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
high knee grab to lunge	2	5 reps each leg		
heel up and grab	2	5		keep legs straight
leg swings	1	10 ea way		forward/backward and lateral (side to side)
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Mini band lateral walks	2	5 yards	:30	
(if no band) manual clam	2	8		5 seconds on the way out
Power Skips	3	3 ea leg	:30	
jump ready positioning	2	10	:45	
sprints	5	10yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Eccentric goblet squat	3	5	1:30	5sec eccentric. all sets at 50% bdwt
Eccentric glute ham	3	5	1:00	5sec eccentric w/ partner
SL DB Deadlift	2	5 ea leg		
Body weight good morning	2	10		2sec eccentric

Cool down: Foam roll and/or stretch

PHASE 2

Phase 2: Isometric

Week 3: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	1	10 ea		reach both hands to toes
Alt bridge hold	2	x8ea	:30	squeeze glutes tight
ankle jumps for height	2	amrap in 10sec	:30	
jump ready positioning holds to jump	3	2x10sec	:45	hold for 10sec, jump then hold for 10sec
sprints	4	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
pause body weight squats	2	8	1:00	5 sec pause at bottom
pause trap bar deadlift	2	5	1:30	3sec pause at bottom (both sets 70%)
db step ups	2	5	1:00	
KB/DB Swings	2	10	1:00	

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 3: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way split squat	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position wing	2	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
SL Bridge Holds with abd	2	2 reps x 5 abds	:30	squeeze glutes tight
pause SL plyo step up	2	3ea leg	:30	18" box 3 sec pause on box
SL Box Jump	2	3ea leg	:45	
sprints	4	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	2	5	1:30	5sec pause at bottom, @25% of squat
pause SL Pistol squats	2	5	1:00	3 sec pause at bottom
SL elevated hip bridge	2	3 x5sec holds	1:00	shoulders on ground and foot elevated

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 3: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
high knee grab to lunge	2	5 reps each leg		
heel up and grab	2	5		keep legs straight
leg swings	1	10 ea way		forward/backward and lateral (side to side)
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5 x2sec holds	:30	maintain top toe straight ahead
Power Skips	2	3 ea leg	:30	
Depth drop holds to jump (no arms)	2	5	:45	use 18" box, pause in catch for 3 sec then jump once
sprints	4	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Pause goblet squat	3	5	1:30	3sec pause at bottom
weighted glute bridge	3	5	1:00	
lunge walk	2	5 ea leg		

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 4: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	2	10 ea		reach both hands to toes
Alt bridge hold	2	x8ea	:30	squeeze glutes tight
ankle jumps for height	2	amrap in 10sec	:30	
Jump, ready positioning holds to jump	3	2x10sec	:45	hold for 10sec, jump then hold for 10sec
sprints	5	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
pause body weight squats	3	8	1:00	5 sec pause at bottom
pause trap bar deadlift	3	5	1:30	3sec pause at bottom (both sets 70%)
db step ups	2	5	1:00	
KB/DB Swings	3	10	1:00	

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 4: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way split squat	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position wing	2	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
SL Bridge Holds with abd	2	2 reps x 5 abds	:30	squeeze glutes tight
pause SL plyo step up	3	3ea leg	:30	18" box 3 sec pause on box
SL Box Jump	2	3ea leg	:45	
sprints	5	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	3	5	1:30	5sec pause at bottom @30% of squat
pause SL Pistol squats	3	5	1:00	3 sec pause at bottom
SL elevated hip bridge	2	3 x5sec holds	1:00	shoulders on ground and foot elevated

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 4: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
high knee grab to lunge	2	5 reps each leg		
heel up and grab	2	5		keep legs straight
leg swings	1	10 ea way		forward/backward and lateral (side to side)
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5 x2sec holds	:30	maintain top toe straight ahead
Power Skips	3	3 ea leg	:30	
Depth drop holds to jump (no arms)	3	5	:45	use 18" box, pause in catch for 3 sec then jump once
sprints	4	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Pause goblet squat	3	5	1:30	3sec pause at bottom
weighted glute bridge	4	5	1:00	
lunge walk	3	5 ea leg		

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 5: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	3	10 ea		reach both hands to toes
Alt bridge hold	2	x8ea	:30	squeeze glutes tight
ankle jumps for height	3	amrap in 10sec	:30	
Jump, ready positioning holds to jump	4	2x10sec	:45	hold for 10sec, jump then hold for 10sec
sprints	5	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
pause body weight squats	3	5	1:00	5 sec pause at bottom
pause trap bar deadlift	3	5	1:30	3sec pause at bottom (all sets 75%)
db step ups	3	5	1:00	
KB/DB Swings	3	10	1:00	

Cool down: Foam roll and/or stretch

Phase 2: isometric

Week 5: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way split squat	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position wing	3	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
SL Bridge Holds with abd	2	2 reps x 5 abds	:30	squeeze glutes tight
pause SL plyo step up	3	3ea leg	:30	18" box 3 sec pause on box
SL Box Jump	3	3ea leg	:45	
sprints	5	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	3	5	1:30	5sec pause at bottom@35% squat
pause SL Pistol squats	4	5	1:00	3 sec pause at bottom
SL elevated hip bridge	3	3 x5sec holds	1:00	shoulders on ground and foot elevated

Cool down: Foam roll and/or stretch

Phase 2: Isometric

Week 5: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
high knee grab to lunge	2	5 reps each leg		
heel up and grab	2	5		keep legs straight
leg swings	1	10 ea way		forward/backward and lateral (side to side)
3 way split squat	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5 x2sec holds	:30	maintain top toe straight ahead
Power Skips	3	3 ea leg	:30	
Depth drop hold to jump (no arms)	3	5	:45	use 18" box, pause in catch for 3 sec then jump once
sprints	5	15yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Pause goblet squat	4	5	1:30	3sec pause at bottom (heavier than previous week)
weighted glute bridge	4	5	1:00	
lunge walk	3	5 ea leg		

Cool down: Foam roll and/or stretch

PHASE 3

Phase 3: concentric

Week 6: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	1	10 ea		reach both hands to toes
Alt bridge hold	2	x8ea	:30	squeeze glutes tight
Ankle Jumps	2	amrap in 10sec	:30	
Depth Jumps	3	3reps	:45	Use 18" box depth
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB Jump Squat	3	3	1:30	@ 30% of body weight
Trap Bar Deadlift	4	5	1:00	Set 1 @65%,set 2 @70, set 3 @75, set 4 @ 80
RDL	3	5		

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 6: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position alt superman	2	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
Weighted SL Hip bridge hold	2	2 reps x 5	:30	squeeze glutes tight
SL plyo step up	3	3ea leg	:30	18" box 3 sec pause on box
SL Squat Jump	2	3ea leg	:45	land on 2 legs
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	4	5	1:30	@30% of squat
Reverse lunge	4	5	1:00	
Bench SL elevated hip bridge	3	3 x5sec holds	1:00	shoulders on bench and foot elevated

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 6: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5ea	:30	maintain top toe straight ahead
Power Skips	2	3 ea leg	:30	
Drop Step Jump	3	2ea	:45	
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Squat	4	5	2:00	Set 1 @65%,set 2 @70, set 3 @75, set 4 @ 80
Step ups (bodyweight)	3	10 ea	1:00	
SA KB/DB swings	2	10ea	:45	

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 7: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	2	10 ea		reach both hands to toes
Alt bridge march	2	x8ea	:30	squeeze glutes tight
Ankle Jumps	2	amrap in 10sec	:30	
Depth Jumps	4	3reps	:45	Use 18" box depth
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB Jump Squat	3	3	1:30	@ 35% of body weight
Trap Bar Deadlift	4	3	2:00	Set 1 @70%,set 2 @75, set 3 @80, set 4 @ 85
RDL	3	3		

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 7: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position alt superman	2	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
Weighted SL Hip bridge hold	3	2 reps x 5	:30	squeeze glutes tight
SL plyo step up	3	3ea leg	:30	18" box 3 sec pause on box
SL Squat Jump	2	3ea leg	:45	land on 2 legs
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	4	3	1:30	@35% of squat
Reverse lunge	4	5	1:00	
Bench SL elevated hip bridge	3	3 x5sec holds	1:00	shoulders on bench and foot elevated

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 7: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5ea	:30	maintain top toe straight ahead
Power Skips	2	3 ea leg	:30	
Drop Step Jump	3	2ea	:45	
sprints	4	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Squat	4	3	2:00	Set 1 @70%,set 2 @75, set 3 @80, set 4 @ 85
Step ups (bodyweight)	3	10 ea	1:00	
SA KB/DB swings	3	10ea	:45	

Cool down: Foam roll and/or stretch

Phase 3: concentric

Week 8: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	2	10 ea		reach both hands to toes
Alt bridge march	2	x8ea	:30	squeeze glutes tight
Ankle Jumps	2	amrap in 10sec	:30	
Depth Jumps	4	3reps	:45	Use 18" box depth
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB Jump Squat	3	3	1:30	@ 40% of body weight
Trap Bar Deadlift	4	4/3/2/1	3:00	Set 1 @75%,set 2 @80, set 3 @85, set 4 @ 90
RDL	3	3		

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 8: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position alt superman	2	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
Weighted SL Hip bridge hold	3	2 reps x 5	:30	squeeze glutes tight
SL plyo step up	3	3ea leg	:30	18" box 3 sec pause on box
SL Squat Jump	3	3ea leg	:45	land on 2 legs
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	4	4/3/2/1	1:30	@40% of squat
Reverse lunge	4	3	1:00	
Bench SL elevated hip bridge	3	3 x5sec holds	1:00	shoulders on bench and foot elevated

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 8: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5ea	:30	maintain top toe straight ahead
Power Skips	2	3 ea leg	:30	
Drop Step Jump	4	2ea	:45	
sprints	4	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Squat	4	4/3/2/1	3:00	Set 1 @75%,set 2 @80, set 3 @85, set 4 @ 90
Step ups (bodyweight)	3	10 ea	1:00	
SA KB/DB swings	3	10ea	:45	

Cool down

Foam roll and/or stretch

Phase 3: Concentric

Week 9: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
in-place spiderman holds	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
inch worm	2	5		keep legs straight
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
extended pushup position plank	3	10sec	:30	squeeze abs during holds
deadbug	2	10 ea		reach both hands to toes
Alt bridge march	2	x8ea	:30	squeeze glutes tight
Ankle Jumps	2	amrap in 10sec	:30	
Depth Jumps	4	3reps	:45	Use 18" box depth
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB Jump Squat	3	3	1:30	@ 40% of body weight
Trap Bar Deadlift	4	3/2/1/1	3:00	Set 1 @80%,set 2 @85, set 3 @90, set 4 @ 95
RDL	3	3		

Cool down

Foam roll and/or stretch

Phase 3: Concentric

Week 9: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
pushup position alt superman	2	8 ea arm	:30	squeeze abs during holds
lateral bear crawl	1	5yards		right and left
Weighted SL Hip bridge hold	3	2 reps x 5	:30	squeeze glutes tight
SL plyo step up	4	3ea leg	:30	18" box 3 sec pause on box
SL Squat Jump	3	3ea leg	:45	land on 2 legs
sprints	3	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
DB rear foot elevated split squats	4	4/3/2/1	1:30	Set 1 @35%, set 2 @40, set 3 @ 42.5 @45% of squat
Reverse lunge	4	3	1:00	
Bench SL elevated hip bridge	3	3 x5sec holds	1:00	shoulders on bench and foot elevated

Cool down: Foam roll and/or stretch

Phase 3: Concentric

Week 9: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
side hip bridge with abd	2	5ea	:30	maintain top toe straight ahead
Power Skips	2	3 ea leg	:30	
Drop Step Jump	4	2ea	:45	
sprints	4	20yards	1:00	used to increase nervous system

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Squat	4	3/2/1/1	3:00	Set 1 @80%,set 2 @85, set 3 @90, set 4 @ 95
Step ups (bodyweight)	3	10 ea	1:00	
SA KB/DB swings	3	10ea	:45	

Cool down: Foam roll and/or stretch

PHASE 4

Phase 4: Dynamic

Week 10: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
Dynamic spiderman	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
Frankenstein walks	2	5		keep legs straight, pull down
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Body saw	3	10	:30	squeeze abs during holds
SL Hip Bridge	2	X10ea	:30	squeeze glutes tight
Ankle Jumps to sprint	2	10jumps to 10yard sprint	:30	
Jump Max Effort	4	1	:45	Give a maximum effort

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
Trap Bar Deadlift		3		@70% (move as fast as possible)
Bodyweight Squat jumps		3		
Goblet Squat		3		@55% of bodyweight
Depth Jump		1		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 10: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Pushup Position Pike ups	2	10	:30	squeeze abs during holds
bear crawl	1	5yards ea		Forward/backward/right/left
Weighted SL Hip bridge	3	X10ea	:30	squeeze glutes tight
Lunge Jumps to sprint	3	3ea leg x 10yards	:30	18" box 3 sec pause on box
1 step SL Squat Jump	2	3ea leg	:45	land on 2 legs

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
DB rear foot elevated split squats		3ea		@32.5% of squat
BW Rear foot elevated split jumps		3ea		
Forward lunge		3ea		
Sprint		10yards		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 10: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Ankle jumps	2	5sec amrap + 5sec height	:30	Start with as many reps as you can then move to max height (5sec ea)
Broad Jumps	2	3	:30	Catch each jump
Drop Step Jump to sprint	4	1 + 10yards	:45	

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
Squat		3		@70% (move as fast as possible)
Squat jumps (No Counter Movement)		3		Arms behind head
DB Jump Squat		2		@25% body weight
Partner Assisted jumps		2		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 11: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
Dynamic spiderman	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
Frankenstein walks	2	5		keep legs straight, pull down
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Body saw	3	10	:30	squeeze abs during holds
SL Hip Bridge	2	X10ea	:30	squeeze glutes tight
Ankle Jumps to sprint	3	10jumps to 10yard sprint	:30	
Jump Max Effort	5	1	:45	Give a maximum effort

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
Trap Bar Deadlift		3		@75% (move as fast as possible)
Bodyweight Squat jumps		3		
Goblet Squat		3		@60% of bodyweight
Depth Jump		1		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 11: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Pushup Position Pike ups	2	10	:30	squeeze abs during holds
bear crawl	1	5yards ea		Forward/backward/right/left
Weighted SL Hip bridge	3	X10ea	:30	squeeze glutes tight
Lunge Jumps to sprint	3	3ea leg x 10yards	:30	18" box 3 sec pause on box
1 step SL Squat Jump	2	3ea leg	:45	land on 2 legs

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
DB rear foot elevated split squats		3ea		@35% of squat
Rear foot elevated split jumps		3ea		
Forward lunge		3ea		
Sprint		10yards		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 11: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Ankle jumps	2	5sec amrap + 5sec height	:30	Start with as many reps as you can then move to max height (5sec ea)
Broad Jumps	2	3	:30	Catch each jump
Drop Step Jump to sprint	5	1 + 10yards	:45	

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
Squat		3		@75% (move as fast as possible)
Squat jumps		3		Arms behind head
DB Jump Squat		2		@30% body weight
Partner Assisted jumps		2		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 12: Day 1 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue Length

Exercise	Sets	Reps	Rest	notes
Dynamic spiderman	2	5 reps each leg, 2sec hold		be sure to sink hips into stretch
Frankenstein walks	2	5		keep legs straight, pull down
walking RDL	1	10		reach both hands to toes
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Body saw	3	10	:30	squeeze abs during holds
SL Hip Bridge	2	X10ea	:30	squeeze glutes tight
Ankle Jumps to sprint	3	10jumps to 10yard sprint	:30	
Jump Max Effort	6	1	:45	Give a maximum effort

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
Trap Bar Deadlift		2		@80% (move as fast as possible)
Bodyweight Squat jumps		2		
Goblet Squat		2		@65% of bodyweight
Depth Jump		1		

Cool down: Foam roll and/or stretch

Phase 4: Dynamic

Week 12: Day 2 (unilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1set	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
split stretch	2	10sec holds ea		keep chest up
1/2 kneeling adductor stretch	2	10sec holds ea		
figure 4 stretch	2	10sec holds ea		
3 way lunge	2	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Pushup Position Pike ups	2	10	:30	squeeze abs during holds
bear crawl	1	5yards ea		Forward/backward/right/left
Weighted SL Hip bridge	3	X10ea	:30	squeeze glutes tight
Lunge Jumps to sprint	3	3ea leg x 10yards	:30	18" box 3 sec pause on box
1 step SL Squat Jump	2	3ea leg	:45	land on 2 legs

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
DB rear foot elevated split squats		2ea		@37.5% of squat
Rear foot elevated split jumps		2ea		
Forward lunge		3ea		
Sprint		10yards		

Cool down: Foam roll and/or stretch

Phase 4: dynamic

Week 12: Day 3 (bilateral focus)

Tissue quality

Exercise	Sets	Reps	Rest	notes
Foam Roll	1	6-8sec		thoracic spine, glutes, hamstrings, calves, it band, quad and groin

Tissue length

Exercise	Sets	Reps	Rest	notes
body weight squats	2	10		arms behind head
Lateral leg swings	2	10 ea way		forward/backward and lateral (side to side)
3 way lunge	1	5 ea way		forward, lateral , 45 degrees

Tissue Temperature

Exercise	Sets	Reps	Rest	notes
Ankle jumps	2	5sec amrap + 5sec height	:30	Start with as many reps as you can then move to max height (5sec ea)
Broad Jumps	2	3	:30	Catch each jump
Drop Step Jump to sprint	6	1 + 10yards	:45	

Tissue Strength

Exercise	Sets	Reps	Rest	notes
Perform as a circuit then rest 3:00min for 3 total sets				
Squat		3		@80% (move as fast as possible)
Squat jumps (No Counter Movement)		3		Arms behind head
DB Jump Squat		2		@35% body weight
Partner Assisted jumps		2		

Cool down: Foam roll and/or stretch

CONGRATULATIONS!

Now, make sure you complete the post-test!