



The Jump Manual Workout Chart

ATTENTION

While it is possible to gain increases in your vertical jump with this chart, it should play a “complimentary” role to a more focused and targeted training regime.

Your greatest gains are going to come from a comprehensive approach and attacking your training from every angle possible.

This is the type of approach we have implemented in [The Jump Manual](#).

Day 1	Jumps	Jumps	Explosions	Approach		Throws	Jumps	Speed	PWS
Day 2		Core Series	Upper Series						PWS
Day 3	Off Day Exercises Only								PWS
Day 4							Knee		PWS
Day 5	Recover								PWS
Day 6	Stretch	Core Series	Upper Series						PWS
Day 7	Off Day Exercises Only								PWS

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Day 8			<u>1 Leg</u>			<u>Rim</u>	<u>Weighted</u>		<u>PWS</u>
Day 9		<u>Series</u>	<u>Series</u>						<u>PWS</u>
Day 10									<u>PWS</u>
Day 11		<u>Hang</u>		<u>Half</u>	<u>In</u>	<u>Lifts</u>	<u>Drives</u>		<u>PWS</u>
Day 12									<u>PWS</u>
Day 13		<u>Core Series</u>	<u>Upper Series</u>						<u>PWS</u>
Day 14	<u>Off Day Exercises Only</u>								<u>PWS</u>

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I hope you enjoyed this!

There is more where this came from. Again, these are techniques you can go use RIGHT NOW. But your long- term success will be determined by a comprehensive approach to your training. **For more information about this chart and the jump manual go to:**

<http://www.basketballworkouttips.com/go/Jump-Manual>