

**INCREASE YOUR VERTICAL “PLAN 1”**



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Here’s an exercise plan to help increase your vertical jump. Remember to warm up before starting any exercise routine and consult a healthcare professional if you have any concerns or health conditions.

## **Week 1-2: Foundation Building (2-3 times a week)**

### **1. Squats:**

- 3 sets of 10 reps
- Use bodyweight or add light weights as you progress.

### **2. Lunges:**

- 3 sets of 10 reps (each leg)
- Perform forward, reverse, and side lunges.

### **3. Calf Raises:**

- 3 sets of 15 reps
- Use a step or elevated surface for an extended range of motion.

## **Week 3-4: Strength and Power (2-3 times a week)**

### 1. Box Jumps:

- 3 sets of 8 reps
- Use a sturdy box or platform; be explosive.

### 2. Jump Squats:

- 3 sets of 10 reps
- Start with bodyweight then add light weights.

### 3. Step-ups:

- 3 sets of 10 reps (each leg)
- Use a bench or sturdy elevated surface.

## **Week 5-6: Plyometrics and Explosiveness**

### 1. Depth Jumps:

- 3 sets of 8 reps
- Step off a box, then explode into a vertical jump upon landing.

### 2. Bounding:

- 3 sets of 10 reps
- Perform powerful, exaggerated strides covering maximum distance.

### 3. Tuck Jumps:

- 3 sets of 10 reps
- Pull your knees to your chest during each jump for explosive power.

## **Week 7-8: Power and Speed (2-3 times a week)**

### 1. Single-Leg Box Jumps:

- 3 sets of 6 reps (each leg)
- Jump using one leg at a time for increased power and balance.

### 2. Split Squat Jumps:

- 3 sets of 10 reps (each leg)
- Perform a lunge and explode into a jump, alternating legs.

### 3. Burpees:

- 3 sets of 10 reps
- Include a jump at the end of each burpee for power and endurance.

## **Week 9-10: Fine-tuning and Rest**

- Reduce the intensity and volume, allowing your muscles to recover and consolidate gains.

Remember to maintain proper form, rest adequately between sets, and gradually increase the intensity as your strength and explosiveness improve. Consistency and dedication are key to achieving your vertical jump goals.