

Sample Vertical Jump Training Workout

1) CNS Wakeup: Top ½ Squat from pins 3 x 3

<http://www.youtube.com/watch?v=cyRHjK91R2Y>

2) Power High Pulls 6-8 sets x 3 reps (as explosive as possible)

http://www.youtube.com/watch?v=ctJ7c7d4_T4

3) Back Squat 4-6 sets x 3-5 reps (add weight each set to reach a safe 3 or 5 rep max)

<http://www.youtube.com/watch?v=flye8VfRsoQ&feature=related>

4) Sled dragging or Prowler Pushing 5-6 trips of 10 yards each (max acceleration with a heavy load)