



Jump Higher

PROGRAM



2 weeks of Jump and Landing Technique

my**VERT**.com

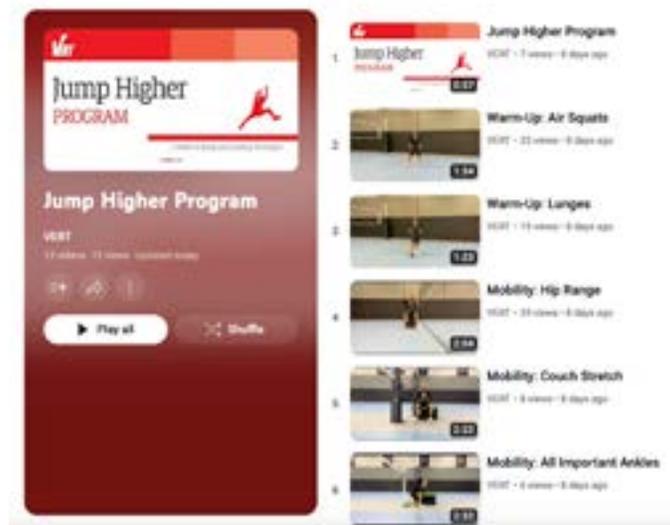
Jump Higher Program

2 Weeks of Jump and Landing Technique

There are two primary methods to improving your vertical; strength and mechanics. This program focuses on mechanics, the technique that will allow you to jump your highest.



This week-long program will run you through basic warm up, mobility and footwork, while utilizing specific drills within the VERT app to track your improvement.



By simply focusing on your mechanics, you can dramatically improve your vertical and overall performance.

Day 1: Jump Baselines - 30 minutes

Warm-up: 5 minutes

Warm up is critical, never stretch a cold muscle and never start max jumping without being warm.

- **10 shoulder width stance squats** ▶
- **10 wide stance squats (outside of shoulders)**
- **10 narrow stance squats (heels together toes pointing slightly out)**
- **10 lunges each leg, in place** ▶
- **Hop to jump x 3 (hop three times into high jump for a total of 12 jumps, repeat three times)**
- **Quick lateral shuffle x 3 each direction**

Mobility/Activation: 5-7 minutes

A few simple mobility exercises can go a long way towards gaining the optimal range of motion for maximum performance.

- **Anterior stretch and activation (couch stretch, hold 60-90 seconds each side, leaning forward and back)** ▶
- **Right foot outside of right hand/left hand (hold for 60-90 seconds)** ▶
- **Stand off edge of stair, or mobility block and perform 3 sets of 6 calf raises with dorsiflexion stretch**
- **Arm circles forward and back, 30 seconds each direction**

With your palms facing upwards, start with small circles, slowly increasing the size of the circles, should take about 30 seconds. Repeat moving backwards as well. Focus on keeping the abs tight

- **Locked arms up and back for 30 seconds**

Keeping your glutes and abs tight, lock your arms and send them up towards your ears, then back as far as possible, continue for 30 seconds, do not let your chest flare out.

Jump Baseline: 2 minutes

- **Perform three standing vertical jumps - take the average as your max** ▶

NEXT WE WILL MOVE ONTO THE BASELINE PORTION OF THE PROGRAM.

We will start by setting your max vertical jump baseline.

Go to the drills section of your VERT app, choose "standing vertical test" and follow the directions to find your max. Upon completing the test, select "yes" when prompted.

- **Perform three approach vertical jumps - take the average as your max**

Next, go back to the drills section of your VERT app, choose "approach vertical test" and follow the directions to find your max. Upon completing the test, select "yes" when prompted.

Jump Conditioning Baseline: 1-5 minutes

To set a Conditioning Baseline you will now perform the Vertical beep test, which can also be found in the Drills section of your VERT app. Be sure to note the date in which you completed all of your baseline tests.

- **Perform vertical beep test - Jumps completed will be your baseline score** ▶
 - Also note average landing impact

Day 2: Standing Jump Technique

Warm-up: 5 minutes

Same as Day 1

Mobility/Activation: 5-7 minutes

Same as Day 1

Technique for Standing Jump:

Feet roughly hip width apart, or slightly wider - you should be on the balls of your feet prior to jumping, so we mimic that by coming forward towards our toes - down fast - arms swing back - hips go back - knees bend/flex - ankles in dorsiflexion (decreased shin angle) - heels plant hard into the ground with weight shifting back - this loads your hamstrings and glutes - then start to go back up fast, arms swing upwards as weight shifts from heels all the way through to the toes - hips - knees - ankles into full flexion (ankles plantar flexion/ toes pointing down) - arms extended up - maintain a neutral spine throughout the jump - land in same position as your loading position

- **Go down fast to utilize your muscles' stretch-reflex.** 
- **Sending your hips back will load glutes and hamstrings**
- **Landing is just as important as the launch, focus on how you land (keep it under 10 G's on the VERT app landing page, if landing is over 15 G's, you need to send the hips back more)**

Work on 10 sets of 3 jumps, focusing on the cues from our video.

Day 3 - Conditioning Test 2

Warm-up: 5 minutes

Same as Day 1

Mobility/Activation: 5-7 minutes

Same as Day 1

Overall Conditioning test: 2-6 minutes

- Re-test your max standing vertical and accept the score for your profile, how did it compare to your day 1 test?
- Complete the Vertical Beep Test
 - Perform vertical beep test - jumps completed will be your baseline score
 - Also note average landing impact

Day 4: VERTICAL JUMP Approach Technique

Warm-up: 5 minutes

Same as Day 1

Mobility/Activation: 5-7 minutes

Same as Day 1

Technique for approach vertical:

Your approach jump is similar to your standing jump, but with a three step approach (you may be taught 4 or 5, but for the purposes of this video we will focus on the final three steps) - Start with a slow, medium distance first step with two quick steps, one long, followed by a short step as you load into your jump

- **Swing the arms back while loading into your second step** 
- **Second step needs to land on the heel to load the hamstrings and glutes**
- **Keep a neutral spine, don't let your shoulders fall forward causing your back to round**
- **Keep feet under the hips and shoulders, avoid letting the knees cave in on the jump or landing as this can put unwanted stress on the knees and hips**
- **Avoid the hop into jump flaw**
 - Adds more energy and unneeded impact on the body

BEFORE WORKING ON THE JUMP ITSELF, LETS FOCUS the approach steps...medium slow step followed by two short quick steps, second step long, third step short, without jumping, you should end in the loaded position, feet roughly under your hips, knees not caving in, with arms back and hold for a count of 3 each time. Use your arms to help drive your body downwards, this will help load the muscles like a spring to give you a more explosive jump.

- **3 sets of 5 approaches without the jump**

Next, put it ALL together with the jump using the approach vertical test drill on the VERT app.

- **10 sets of 3 jumps**

Day 5: Landing Technique

Warm-up: 5 minutes

Same as Day 1

Mobility/Activation: 5-7 minutes

Same as Day 1

Landing work:

- When you load to jump, your hips go back, the chest drops, knees bend. This allows you to load your glutes, hamstrings and quads effectively. You want to load the same muscles on landing, so land how you load to jump! ▶
- We want to avoid landing too stiffly, with flexion of the knees, but no flexion of the hips, the chest should come slightly forward on landing, with the hips back, your face should be over your toes, this allows your body to absorb the energy efficiently.
- Set up on box or any elevated surface that is roughly 8" - 12" off the ground ▶
 - More advanced level is from a 15" - 22" box
- Step off the box and land in a cushioned position, but stick the landing
- From a 12" box you should be under 5 G's on landing, if you're landing at 10 or above, you're too stiff and flat footed, focus on landing softly, like a ninja
 - 3 sets of 5 drops, check your average landing impact
- Next, place a soft object, such as a net, or even a posterboard 2' from the edge of the box you are dropping off...
 - 3 sets of 5 drops, has your average landing impact changed?
 - If it's the same, great, if it went up, then you're compensating for having something in front of you, though you have plenty of space to land in a proper position without your face hitting the net or poster board

After running through Week 1 of the program, repeat for Week 2.

At the end of the second week, re-test your standing and approach vertical jumps using the assessment pages in the app along with the Vertical Beep test.