Jumps Programme

Nutrition - eat 1 to 2 hours before you train and do not eat large amounts
Bring your own water bottle to training and a snackfor after training
Stretch each evening for about 10 minutes
Jump Programme 5 consecutive days per week
Equipment: jum rope, carpeted area, good shoes, chair
Warm up - jog on the sport for 4 min,then Stretch calves, thighs& hamstrings &lower back
Massage the tops of your knees for about 5 minutes

Exercise 1- LEAP UPS
Look straight ahead with your feet should width apart
Jump off both legs about 8 to 10 inches off the ground
Land on balls of both feet and allow legs to bend to a 1/4 squat
As soon as you reach this position push back up again to given height
The movement should be smooth and continous

Exercise 2 - CALF RAISES
Equipment - thick book or step
Do one calf at the time - place the ball of the foot on the step & let the heel hang over the end
The entire body weight is on the planted foot which will stretch your calf downwards
Raise yourself up on your toes as high as you can using only your calf muscles
and then lower yourself again to original position
When reps completed switcht to the other calf
(2 sets per calf muscle)

Exercise 3 - STEP UPS
Equipment - sturdy chair
Place one foot on the chair so that the thigh is parrellel with the chair
Push with the foot on the chair and leap off the chair as high as you can
Swith your legs in the air
Land with the opposite leg elevated and repeat
This completes one repetition

Exercise 4 - THRUST UPS
Begin with your legs straight
Thrust yourself up as high as you can
Thesecond you land thrust back up as high as you can trying not to bend your legs

Exercise 5 BURNOUTS
Start on your tiptoes
Jump repeately no more that 1/2 to 1 inch off the ground m
Make sure to keep yourself elevated as high on your tiptoes aspossible

Exercise 5 COOLING DOWN

Jumps Programme

Week	Date	Leap Ups		Calf Raises		Step Ups		Thrust Ups		Burn Outs		Core Work	
		Set	Rep	Set	Rep	Set	Rep	Set	Rep	Set	Rep	Set	Reps
1		2	25	2	10	2	10	2	15	1	100		
2		1	50	2	20	2	15	2	20	1	200		
3		1	75	2	25	2	15	2	25	1	300		
4		1	75	2	30	2	20	2	30	1	400		
5		2	50	2	35	2	20	2	35	1	500		
6		1	100	2	40	2	25	2	40	1	600		
7		1	125	2	45	2	25	2	50	1	700		
8		2	75	2	50	2	30	2	60	1	800		
9		2	100	2	55	2	30	2	70	1	900		
10		2	125	2	60	2	35	2	80	1	1000		
11		2	150	2	65	2	35	2	90	1	1100		
12		2	200	2	70	2	40	2	100	1	1200		

Progress Chart

Week	1	2	3	4	5	6	7	8	9	10	11	12
Date												
Height (cms)												