

How to Jump Higher Vertical Jump Program

Progression Chart

	1	2	3	4	5	6	7	8	9	10	11	12
WEEK												
Rope Jump												
Reps	100	150	200	250	300	350	400	450	250	300	350	400
Sets	1	1	1	1	1	1	1	1	2	2	2	2
Bench Blast												
Reps	20	25	30	35	40	45	50	55	35	40	45	50
Sets	1	1	1	1	1	1	1	1	2	2	2	2
Squat												
Reps	10	15	20	25	30	35	40	45	25	30	35	40
Sets	1	1	1	1	1	1	1	1	2	2	2	2
Calf Raise												
Reps	20	25	30	35	40	45	50	55	35	40	45	50
Sets	1	1	1	1	1	1	1	1	2	2	2	2
Measure Your Jump												
Date												
Max Height												