




TRAIN TO WIN

INCREASE YOUR VERTICAL JUMP


Equipment: Cybex Eagle NX Leg Press and dumbbells

Total Time: Approx. 30-45 mins.

BLOCK 1: DROP SET

Equipment	Exercise	Description	Duration
Eagle NX 	Leg Press	Warm-up	Work up to a 3 rep max then perform the following 2 exercises:
Eagle NX 	Leg Press	Max	To failure
Eagle NX 	Leg Press	Perform a drop set: Reduce the load by 2 plates and repeat (no rest)	Continue pattern until you reach a load equal to your body weight

BLOCK 2: DUMBBELL JUMP SQUAT

Equipment	Exercise	Description	Duration
Begin this exercise immediately after the Drop Set in Block 1 using dumbbells equal to 30% of your maximum single rep Back Squat.			
Dumbbells 	Jump Squats	Hold weights low	5x 5 reps

RESTS (unless stated otherwise)

Between sets or intervals:
rest for 30 sec. to 1 min. – but maintain momentum

Between exercises:
rest less than 1 min.

Between blocks:
rest for approx. 2 min.