

JUMPSOLES POWER PLYOMETRICS PROGRAM

DO TWICE PER WEEK with two days of rest in between.

WEEK										
		1	2	3	4	5	6	7	8	
EXERCISE	AMOUNT	SETS								REST
- Lateral Cone Hop	10 jmps	-	1	1	2	2	2	2	2	2min
- Bounding	25 yds	-	-	1	1	2	2	2	2	2min
- Skipping	25 yds	-	1	1	2	2	2	2	3	1min
- Box Jumps	10 jmps	-	-	1	1	2	2	2	2	4min
- Rim Jumps	10 jmps	-	1	2	2	2	2	2	2	4min
- Squat Lunges	10 jmps	2	2	2	3	3	3	3	3	1min
- Step-ups	10 jmps	2	2	2	3	3	3	3	3	1min

Warm up with ¼ mile jog in normal running shoes. Or indoors, try jumping rope 2 minutes in Jumpsoles™. Stretch. Proper warm-up and stretching before Jumpsoles™ training is very important. It gradually increases blood circulation and body temperature to minimize the risk of muscle injury. After Jumpsoles™ workouts, cool down with 1/4 mile jog in normal running shoes. Stretch.

Proper resting between days is also very important, as it takes at least 48 hours to properly rebuild the muscle fibers broken down by plyometric and strength training.

During the off season after you complete the 8 week Jumpsoles™ program, rest 10 days and build back up again from week 4. Increase poundages on lunges and step-ups. This practice is known as **periodization**. Repeat the cycle until the competitive season of the sport for which you are training. Here, **USE CAUTION!** Overtraining during the competitive season can lead to burnout and poor performance. Some workout is needed to maintain peak condition, but proper rest is just as important for maximum performance. Box jumps are especially strenuous and should be done with caution during competitive season. Stop all box jumping 3 days before competition. Cut back on weight training. Do only 1 set of the squat lunges and step-ups to maintain your strength.

TRAINING MANUAL



CONGRATULATIONS!

You are on your way to amazing new improvements in jumping height and running speed. In their versatility, Jumpsoles™ are a valuable addition to your training tool kit. Jumpsoles™ can be used for various purposes which include plyometric training, strength training, and stretching. Jumpsoles™ will work to stretch and strengthen the Achilles tendon and calf muscles. Developing muscle resiliency in this area is vital to explosive leg power. After training with Jumpsoles™ you'll run faster, jump higher, and change direction quicker. Remember, consult your doctor before starting this and any other strenuous training regimen. This program was designed to gradually increase in intensity so that you don't experience any un-

due pain or soreness. If however, you feel ongoing pain in your joints or muscles, take a break from using Jumpsoles™ and consult your doctor.

Familiarize yourself with the exercises shown in the next few pages. Watch the Jumpsoles™ video. Then begin by following the Power Plyometric workout. With a little dedication and effort, be prepared to see big gains in your jumping height and running speed. Remember - with Jumpsoles™, if you try, you can fly!

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JUMPSOLES EXERCISES



SKIPPING with JUMPSOLES

Leap as high as possible on each take-off. In order to alternate the take-off from leg to leg you will take a short skip in between each single leg jump upward. Execute each take-off as quickly as possible to get the maximum height possible.



BOUNDING with JUMPSOLES

Bounding must be executed as quickly as possible. If you sink a good deal on each landing the bounding will not be explosive. This usually occurs if you take too long a leap or do not have ample eccentric strength. Adjust the leaping distance in order to execute the takeoffs with maximum speed and power. This exercise can also be done on a single leg at a time to duplicate more closely what occurs in running.



DOUBLE LEG JUMPS with 180° TURN

This is a very effective exercise for developing not only explosive leg power but also for developing coordination when in the air. Jump as high as possible as quickly as possible and then do a turn for 180 degrees so that you face in the opposite direction upon landing. After you land and take-off turn 180 degrees again prior to the next landing. The higher you can go by having very quick take-offs, the easier it is to execute the 180 degree turn.



LATERAL CONE HOPS

Jump over a barrier such as cones. The cones ensure that you not only jump sideways but that you must also leap upward at the same time. Do not merely bend the knees to successfully go over the cones. Leap as high as possible by straightening the legs and pointing the toes to go over the cones and then to prepare for a quick jump up and over to the other side. Keep the head in place to emphasize the hip action.



BOX JUMPS

Box jumps are used to increase the height of the jump by getting a stronger contraction of the muscles on the landing while maintaining the ability to jump up as high as possible. The key to successful execution is to prepare yourself for the landing and takeoff while you are dropping down and to quickly leap as high as possible up onto the next box. You can stop after each jump up, or execute two or three jumps in a row.



DEPTH JUMPS

Step off and drop straight down so that all your forces are direct downward. Upon landing leap straight up without any forward movement. Note that if you land at an angle and take off moving forward, many of the forces are generated forwards or sideways rather than straight up and down. Program your mind to prepare for the landing and take-off in order to execute these jumps as quickly as possible.



RIM JUMPS

Rim jumps are an excellent exercise to develop jump endurance. In these jumps you develop the ability of the muscle to contract strongly and repeatedly.



SQUAT LUNGES

Step forward and bring your following knee to within a few inches off the ground. For maximum effectiveness and safety, your leading knee should not pass the imaginary line in front of your toes. Rather, your knee should stay directly over or behind the imaginary line of your toes.



SQUAT LUNGES with WEIGHT*

Perform as the squat lunges described above.

*If you are a beginner or under 16 years of age, do not do this exercise. Your body weight alone is sufficient until your bones stop growing. When your body is ready, the goal is to be able to do multiple repetitions with weights of $\frac{1}{2}$ or more of your body weight.



STEP - UPS

Use a sturdy box 8-12" in height. Step up onto the box. Do 10-15 repetitions. Repeat with the other leg.



FLYING STEP - UPS

Use a sturdy box 8-12" in height. This time, step up explosively enough to lift your body off the ground. Alternate legs in mid air. Do 10-15 repetitions.



STEP - UPS with WEIGHT*

Use a sturdy box 8-12" in height. Step up onto the box. Do 10 sets. Repeat with the other leg.

*If you are a beginner or under 16 years of age, do not do this exercise. Your body weight alone is sufficient until your bones stop growing. When your body is ready, the goal is to be able to do multiple repetitions with weights of $\frac{1}{2}$ or more of your body weight.



OPTIONAL EXERCISES FOR JUMPSOLES

Remember, jumping and sprinting require a strong upper body. These exercises are super effective in harnessing the extra jumping / sprinting power from your upper body and trunk muscles. Use Plyoball™ Medicine Balls 10 - 30 lbs.



FORWARD MEDICINE BALL THROW

The exercises described up to this point have been geared toward developing explosive power in the legs. In the forward medicine ball throw, not only is leg power developed but you must also involve the trunk and arms to develop total body power. To successfully execute the forward medicine ball throw go into a squat holding the medicine ball on extended arms between the legs. When ready straighten the legs, extend the trunk and raise straight arms



BACKWARD MEDICINE BALL THROW

This exercise is used not only to develop total body explosiveness but also to strengthen the lower back. To execute, stand backward to the direction of the throw and go into a squat holding a medicine ball on extended arms between the legs. When ready straighten the legs, extend the trunk upward and backward and raise the arms up and over the head to release the over the head.

JUMP TRAINING THEORY EXPLAINED

Strength Training is a Key Part of Jump Training Success!

To become stronger and more explosive, weight training is extremely important. The more strength you can gain, not only will you be able to jump higher but you will be able to run and cut faster. However, if you are new to weight training, you may find at first, that your vertical jump decreases somewhat. Don't despair, as this is only temporary. As your muscles get used to the workout, the additional strength that you gain will powerfully enhance your speed, jumping, and explosiveness.

Weight training, however, is a double-edged sword. If you have been weight training for some time and are sufficiently strong, you could find that the additional strength you gain slows you down! The reason for this is that you tend to lift heavier weights with slower movements. As result, the nervous system is taught slowness, not quickness and explosiveness. Indeed, strength training is very important, but it must be complemented with speed / explosive

(plyometric) training. As you become stronger, it is even more important to do plyometrics to convert the strength to additional speed and explosiveness.

It is also important that you strength train to become stronger before undertaking a plyometric or speed-strength training program. The greater strength will equate to greater success in your speed and explosiveness and most importantly, it will help prevent injury. Some of the stresses involved in various forms of plyometrics, i.e. jump training, such as depth jumps, can be quite high. If you are not physically ready for some of these exercises, they could result in injury.

Note that the ankle extension (rising up on the balls of the feet when in a standing position) is very important, not only in jumping, but in running and cutting actions. In effective technique running, ankle extension contributes up to 60% of the force generated in the push-off! When you wear the Jumpsoles™ you not only stretch and strengthen the Achilles tendon and calf muscles but you develop resiliency in the muscle/tendon complex which is needed to give back energy in

running and in jumping takeoffs.

Weight training with the Jumpsoles™ can multiply the results. While wearing Jumpsoles™ the heel is kept off the ground by the muscle-tendon structure of the shins. Strength in this area is vital to withstand and give back the forces involved in running and jumping. Weight training with the Jumpsoles™ supercharges the muscle-tendon complex, making your movements become even faster and even more explosive.

How Heavy Do I Lift?

For gains in strength, you must use relatively heavy weights with few repetitions (3-5). For muscular endurance you must use a higher number of repetitions (20 plus) with less resistance. You need adequate levels of strength together with speed and sufficient muscular endurance so that you can continue to repeat the actions needed during a game.

For example, in basketball you must be able to jump as high at the end of the game as you do at the beginning of the game. Since the jump itself is explosive you need adequate levels of speed-strength endurance to repeat the explosive jumps over a period of time. The same holds true in sports such as

football, baseball, soccer, etc. Because of this as you do the following strength exercises do not get carried away with great amounts of resistance. You need to establish a medium between strength and endurance. So often, games are won or lost depending on what strength you have left in the last period.

When first starting, begin with sufficient weight that will allow you to do the exercise correctly and to develop confidence in doing the exercise. Gradually increase the amount of resistance as well as the number of repetitions only if execution is correct. Do not change technique simply to be able to handle additional weights. This will lead to injury or overtraining, which can lead to serious disruptions in your ability to continue the workouts. You should train to failure for the amount of reps and sets in that exercise. That is, you should use enough weight to do the listed reps & sets and no more. When you are capable of going beyond the listed repetitions, then you are ready to add more weight.

Plyometrics

Plyometrics is a term which refers to specific method of jump training. Developed by Yuri Verkhoshanski of Russia, plyometrics

is more specifically a method of speed-strength training. That is, you combine speed with strength in the same exercise. Speed-strength training has proven to be highly successful for developing the white fast twitch muscle fibers which are responsible for quick explosive movements. Strength training recruits mainly the red slow twitch fibers which are best suited for endurance work. Only some of the white fast twitch fibers are involved in strength training. The only way to develop the remaining white fibers is to do plyometric speed-strength training. This is what enables you to become quicker and faster in your movements. In general, the quicker and faster a movement is performed, the faster you will run, the higher you will jump, and the further and harder you will throw and hit.

In sprinting, for example, the foot is in contact with the ground for a mere one tenth of a second (0.1 sec). One half of that, or 0.05 sec, is used to cushion the landing and to absorb some of the forces experienced. Energy is developed in the eccentric stretch of the muscle-tendons and given back in the takeoff which is executed in the remaining 0.05 sec. This is a very explosive contraction. To duplicate

this kind of contraction you must do plyometric exercises.

In the video, various jump and plyometric exercises are shown which will develop a more explosive muscle contraction. To ensure that the jump exercises are truly plyometric, they must be executed as quickly as possible, within 0.2 seconds or less. To do this, be thinking of the takeoff then you are in the air and preparing for touch-down. As soon as the feet hit, sink down slightly in order to absorb some of the landing forces and to generate the energy needed for the takeoff. Note that the less you go down the greater the amount of energy created in the eccentric contraction. **The quicker the landing and takeoff is executed, the higher you will jump!**



You can photocopy 16 copies of this handy log to fill in for your 8 week training period.

JUMPSOLES TRAINING LOG

Day / Date _____

PERIODIZATION PHASE

Pre Season In Season Post Season

Start Time: _____

Warmup Jog ¼ mile or Jumprope 2 minutes

PLYOMETRIC EXERCISES

 Check off whichever exercises you do.

EXERCISE	AMOUNT	SETS	REST
<input type="checkbox"/> Lateral Cone Hop	10 jmps	_____	2min
<input type="checkbox"/> Bounding	25 yds	_____	2min
<input type="checkbox"/> Skipping	25 yds	_____	1min
<input type="checkbox"/> Box Jumps	10 jmps	_____	4min
<input type="checkbox"/> Rim Jumps	10 jmps	_____	4min

STRENGTH EXERCISES

 Check off whichever exercises you do.

EXERCISE	AMOUNT	SETS	WEIGHT	REST
<input type="checkbox"/> Squat Lunges	10 jmps	_____	_____	1min
<input type="checkbox"/> Step-ups	10 jmps	_____	_____	1min

Finish Time: _____

Notes: