

**THE FIVE**

**MOST IMPORTANT**

**EXERCISES**

**YOU NEED TO JUMP**

**HIGHER**

**A QUICK GUIDE**

# POWER FROM STRENGTH AND SPEED.

**A SPRINTER HAS BOTH.**

**AND IT'S ALL ABOUT THEIR  
MUSCLE COMPOSITION.**



## STRENGTH

It's not rocket science that having stronger muscles enables you to apply greater force to the surface and have the ground apply an equal and opposite force on your body, making you lift off higher.

## EXPLOSIVENESS

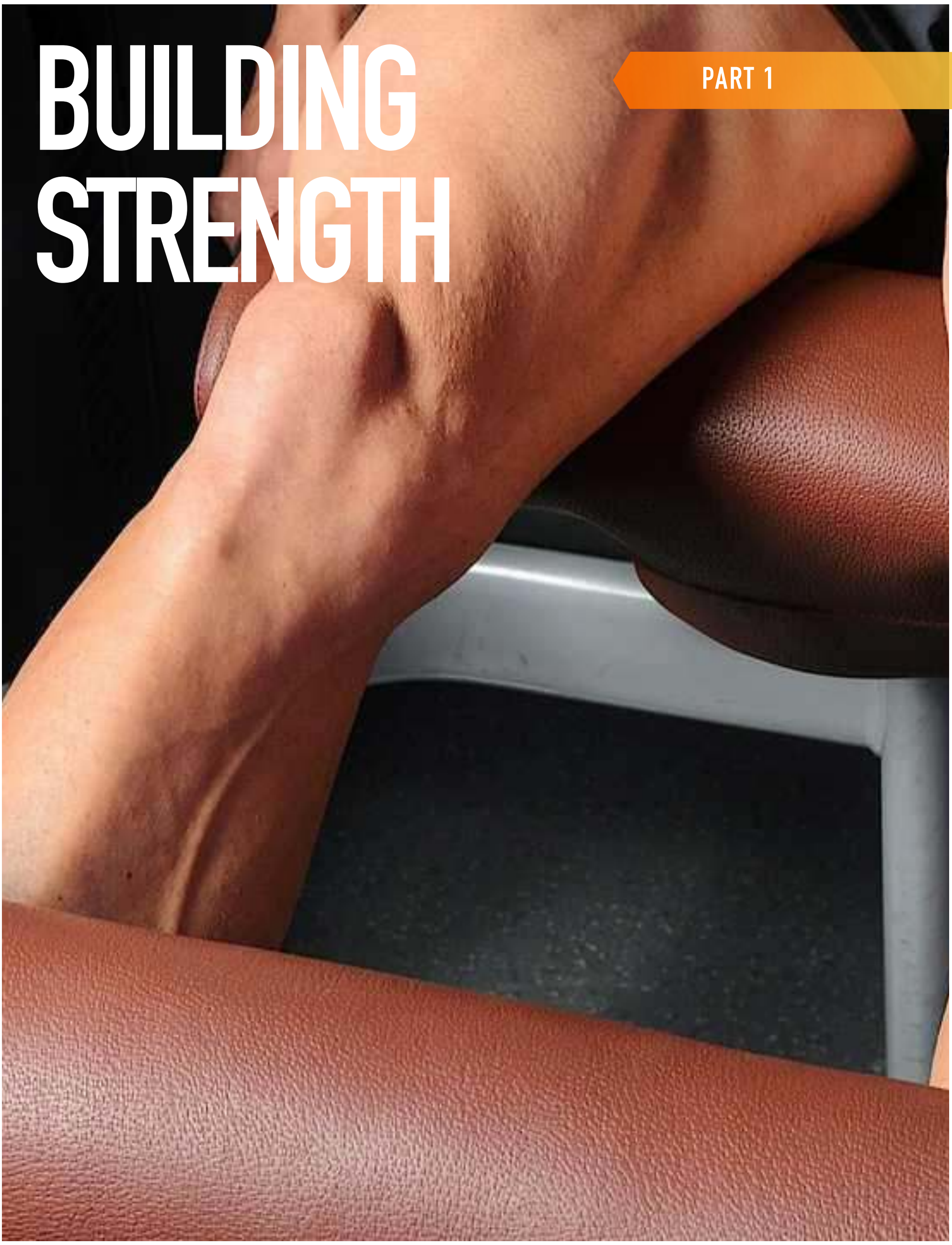
The fastest sprinters and the best jumpers aren't the guys with the biggest and strongest muscles.

They are strong, but what's more important is their explosiveness.

Because of the way they train, their muscles are faster at contracting and consequently able to create more force in a shorter amount of time.

# BUILDING STRENGTH

PART 1

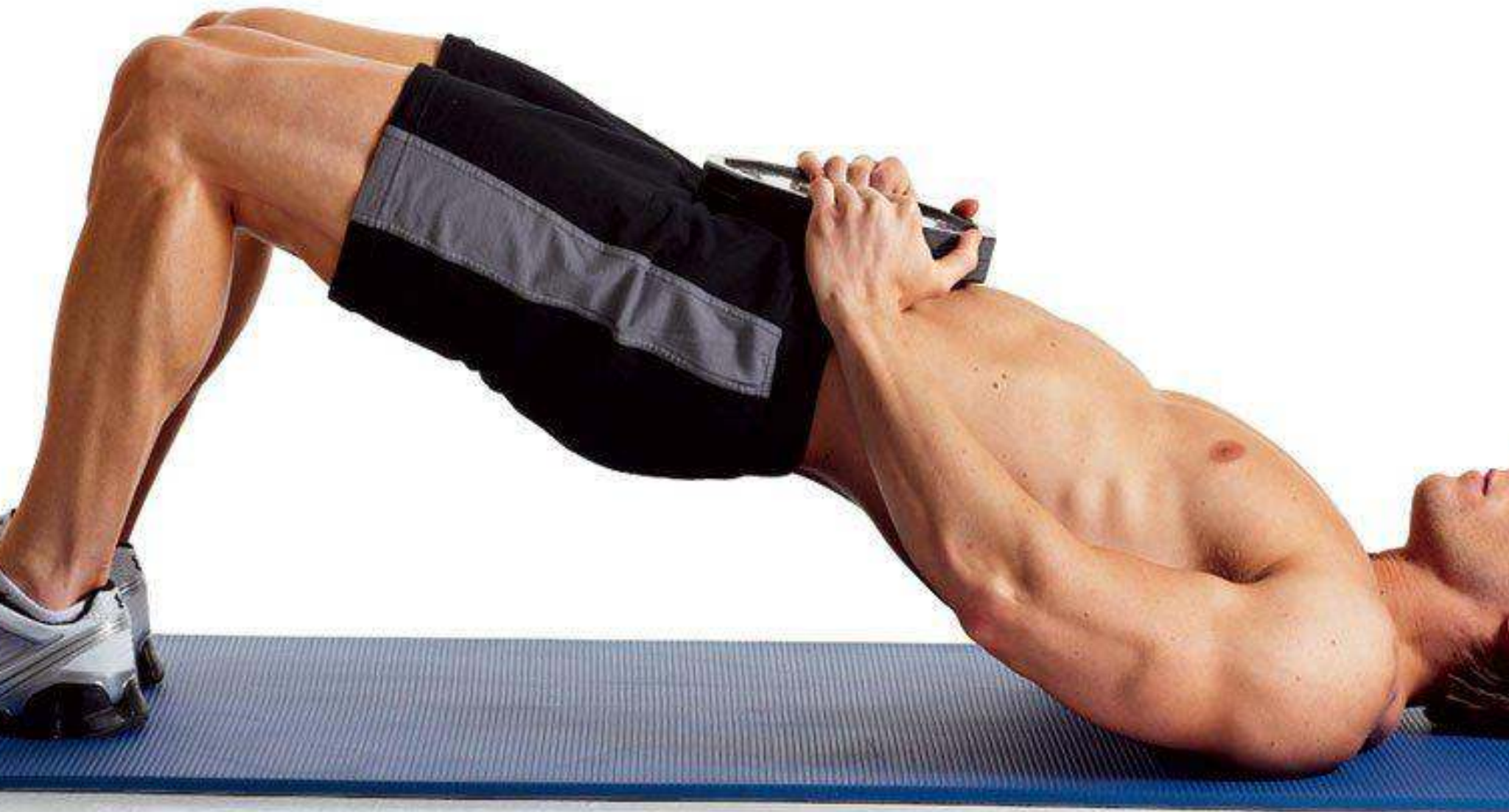




# 1. THE SQUAT

When it comes to developing leg strength, no exercise is more popular than the squat. And with good reason, it works the entire lower body - quadriceps, hamstrings, glutes, and the muscles that make up the calves.

A 2012 study in the Journal of Strength and Conditioning showed that deep squats were significantly more effective in increasing one's vertical jump than parallel or half squats (thanks to greater hamstring and glute activation).



## 2. HIP RAISES

Squatting should be supplemented by hip raises to truly challenge those glutes. The movement also stretches your hip flexors so they reach fuller extension during the jump. When was the last time you saw a dunker look stiff and bent around the hips? Answer: Never.

## 3. CALF RAISES

The calves are the primary power generator in the final stages of the jump, when the leg has straightened out at the knees.

Squats alone do not utilize the muscles enough to build monster calves. Doing a large number of calf raises (100+) will force them to grow.

# TRAIN TO BE EXPLOSIVE.

PART 2





# 4. TUCK JUMPS

The jump is an explosive movement in itself, so jumping a lot will develop that explosiveness you need.

Knee tuck jumps are particularly demanding type of jump, and a great exercise to be doing before moving onto more complex plyometrics like the box jump.

A person is shown from the side, jumping rope on a paved trail. The person is wearing a dark long-sleeved shirt, grey pants, and black sneakers with white socks. The rope is in mid-air, forming a large loop. The background consists of a grassy hillside with yellowish-brown vegetation under a blue sky with light clouds.

## 5. JUMP ROPE

**You can't be serious about jumping higher if you don't own a skipping rope. The exercise is great during warmup or cooling down.**

**While the exercise focuses more on endurance and less on explosiveness than other plyometric movements, the sheer quantity of jumps involved means your nervous system commits the initial movement of the jump to memory.**

**You should quickly move onto single leg jumps and alternating jumps, as it doesn't take long for the exercise to become too easy.**



# A beginner workout

Aim to workout every other day, but take an extra rest day after every third workout.

Week 1 & 2 - Build strength first

1. 4x10 Deep Bodyweight Squats
2. 20 single leg Hip Raises, 10 on each leg
3. 5x50 Calf raises (sets spread out during the day)

Week 3 & 4 - Increase explosiveness

1. 3x10 Tuck Jumps
2. 10-minute Jump Rope

## Start now!

If you're serious about jumping higher, I encourage you to familiarize yourself with these exercises out over the next few weeks.

They are a good foundation for more advanced exercises which have the potential to take your jump to the next level.