

How to Jump Higher and Become More Explosive

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Contents

1 What is Athletic Explosiveness and Why is it Important?	3
2 Information About the 6 Week Program	5
3 The Program	7

Introduction- What is Athletic Explosiveness and Why is it Important?



Explosive strength is generally an umbrella term used to define how fast an athlete can run or how high an athlete can jump. At its core however, explosive strength refers to one's ability to produce maximum amounts of force in minimal time. It is only so distinctly associated with speed and jumping ability as these are two areas that show a clear relation between explosive strength and the success of the athlete in completing each task. Explosive strength has an overarching importance throughout the world of sports and can benefit the

success of athletes through many different disciplines. This is because explosive strength is not dictated by the type of movement or the amount of movement. Rather by the fact that there is any movement at all. Because as soon as a movement is made, one is contracting muscles and different muscle groups in the way that will let them complete their task. When this happens, the explosive strength is ruled by how fast the muscle fibers contract. This results in a skill that remains relevant in many different movements.



This is Spud Webb, the shortest player to ever win the NBA dunk contest at 1.7m tall.

So how exactly does explosive strength translate to athletic performance and how does one increase their own explosive strength? Personally I found great success in basketball through increasing my explosive strength. I was able to jump higher and run faster than before which ended up making the game much easier. When going about how to increase explosive strength, one of the most common mistakes are workout plans that emphasize repetitions. This is a problem because training with high repetitions will help increase endurance at much greater rate than strength. Thus the program in this book will focus on low repetition exercises at high intensity.

The 6 Week Program



The 6 week program has been designed to effectively increase the explosiveness of athletes over an extended period of time. This is so that any gains that are made through the program actually last. To experience the most success through the program, there are certain points that need to be focused on. As the program focuses on building strength and not endurance, most of the exercises do not emphasize repetitions. So to ensure the effectiveness of each exercise, it is important that you jump using your full ability each time. Additionally when completing exercises like depth jumps or tuck jumps, the goal is

to spend the least amount of time on the ground as possible. This means you have to explode as fast possible off the ground. One of the most important exercises through the program is the “Max reach touch”. In this exercise the athlete must identify the highest point he/she can reach. This might be at the top of a wall or the rim on a basketball hoop. The goal is then to repeatedly touch this spot for the allocated number of reps. Not only is this a good way of keeping track of progress, it ensures that the athlete uses there maximum jumping ability with each jump.



This is a classic vertical jump test that measures the distance between an athlete's standing reach and their maximum jumping reach

Through the time of completing the program it is also important to properly regulate the rest days. The program does include its own rest days that are evenly spread out, despite this some athletes might experience increasing muscle fatigue through their core and their legs as they complete the program. This is why the warm up and cool down before and after each program is vital. Both of these are left up to the individual but it is recommended that the warm up starts with some light cardio exercises followed by active stretching and one more round of slightly more intensive cardio exercises. The cool down would typically start with some light jogging and end with some stationary stretches. Through the time of completing the course, there are also some simple lifestyle changes that could be made to inhibit growth as an athlete. The main one being diet. As it pertains to explosive strength, the athlete should be consuming food that accelerates muscle growth but only to a certain extent. Basically the most important thing is not to get an overload of fat in your diet. This adds weight which will take away from an athlete's explosiveness and could soften your core. Instead the athlete should be looking to eat meals that have balanced amounts of proteins and carbohydrates in them. This means your diet won't worsen your muscle fatigue but it also won't take away from your explosiveness. The last thing to consider while completing the program is the importance of going through with every workout. Completing only part of the program will result in temporary gains, thus the importance of going through with all six weeks.

Week 1

Day 1

Personal Warmup

Sit-Ups

Box Jump

45s Plank

V-Toe Touches

Ball Twists

	Sets	Reps	Rest
Personal Warmup			
Sit-Ups	3	15	45s
Box Jump	4	15	50-60s
45s Plank	2	1	45s
V-Toe Touches	2	20	50-60s
Ball Twists	2	25	45s

Day 2

Personal Warmup

Tuck Jumps

Horizontal Bounds

Box Jump (one leg)

Split Jumps

Max Reach Touches

	Sets	Reps	Rest
Personal Warmup			
Tuck Jumps	2	15	50s
Horizontal Bounds	3	15 per leg	50-60s
Box Jump (one leg)	3	10	50-60s
Split Jumps	2	15	45s
Max Reach Touches	2	10	60s

Day 3

Personal Warmup

Push-ups

Max Reach Touches

Squat Jumps

Plank Raises

Tuck Jumps

	Sets	Reps	Rest
	3	10	30s
	2	10	45s
	3	8	45s
	2	20	50-60s
	2	10	50-60s

Day 4- Rest Day

Day 5

Personal Warmup

Sit Ups

Squat Jumps

Push Ups

Tuck Jumps

	Sets	Reps	Rest
Sit Ups	3	15	45s
Squat Jumps	2	10	45s
Push Ups	3	8	45s
Tuck Jumps	2	20	50-60s

Day 6

Personal Warmup

45s Plank

V-Toe touches

Ball Twists

Side Planks

	Sets	Reps	Rest
45s Plank	2	45	30s
V-Toe touches	2	10	45s
Ball Twists	3	15	45s
Side Planks	2 per side	45s	50-60s

Day 7

Personal Warmup

Tuck Jumps

Max Reach Touches

Squat Jumps

Depth Jumps

	Sets	Reps	Rest
	2	8	1min
	2	10	45s
	3	8	45s
	2	20	50-60s

Week 2

Day 1

Personal Warmup

Box Jump (Single Leg)

Box jump

Squat Jumps

Tuck Jumps

Sets	Reps	Rest
3	8 per leg	30s
2	10	45s
3	8	45s
2	20	50-60s

Day 2

Personal Warmup

Sit Ups

45s Plank

Ball Twists

Plank Raises

V-Toe Touches

Sets	Reps	Rest
3	10	30s
2	1	45s
3	25	45s
2	15	50-60s
2	10	50-60s

Day 3- Rest Day

Day 4

Personal Warmup

Push-ups

Max Reach Touches

Squat Jumps

Plank Raises

Tuck Jumps

	Sets	Reps	Rest
Push-ups	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Plank Raises	2	15	50-60s
Tuck Jumps	2	10	50-60s

Day 5

Personal Warmup

Tuck Jumps

Max Reach Touches

Squat Jumps

Depth Jumps

	Sets	Reps	Rest
Tuck Jumps	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Depth Jumps	2	20	50-60s

Day 6

Personal Warmup

Tuck Jumps

Max Reach Touches

Squat Jumps

Side Planks

	Sets	Reps	Rest
Tuck Jumps	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Side Planks	2 per side	45s	50-60s

Day 7

Personal Warmup

Depth Jumps

Squat Jumps

Tuck Jumps

Box Jumps

Sets	Reps	Rest
3	10	30s
2	10	45s
3	8	45s
2	20	50-60s

Week 3

Day 1

Personal Warmup

Sit-Ups

Box Jump

45s Plank

V-Toe Touches

Ball Twists

	Sets	Reps	Rest
	2	15	30s
	2	10	45s
	2	1	45s
	2	20	50-60s
	3	15	50-60s

Day 2

Personal Warmup

Tuck Jumps

Horizontal Bounds

Box Jump (one leg)

Split Jumps

Max Reach Touches

	Sets	Reps	Rest
	2	10	45s
	2	15	45s
	2	8	45s
	2	15	50-60s
	2	10	50-60s

Day 3- Rest Day

Day 4- Rest Day

Day 5

Personal Warmup

Push-ups

Max Reach Touches

Squat Jumps

Plank Raises

Tuck Jumps

	Sets	Reps	Rest
Push-ups	2	20	40s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Plank Raises	2	20	50-60s
Tuck Jumps	2	10	50-60s

Day 6

Personal Warmup

Sit Ups

Squat Jumps

Push Ups

Tuck Jumps

	Sets	Reps	Rest
Sit Ups	3	10	30s
Squat Jumps	2	10	45s
Push Ups	3	8	45s
Tuck Jumps	2	20	50-60s

Day 7

Personal Warmup

45s Plank

V-Toe touches

Ball Twists

Side Planks

	Sets	Reps	Rest
45s Plank	2	1	30s
V-Toe touches	2	10	45s
Ball Twists	3	8	45s
Side Planks	2	20	50-60s

Week 4

Day 1

Personal Warmup

Box Jump (Single Leg)

Box jump

Squat Jumps

Tuck Jumps

	Sets	Reps	Rest
Box Jump (Single Leg)	3	8	30s
Box jump	2	10	45s
Squat Jumps	2	8	45s
Tuck Jumps	2	20	50-60s

Day 2

Personal Warmup

Sit Ups

45s Plank

Ball Twists

Plank Raises

V-Toe Touches

	Sets	Reps	Rest
Sit Ups	2	15	30s
45s Plank	2	10	45s
Ball Twists	3	8	45s
Plank Raises	2	20	50-60s
V-Toe Touches	2	10	50-60s

Day 3

Personal Warmup

Push-ups

Max Reach Touches

Squat Jumps

Plank Raises

Tuck Jumps

	Sets	Reps	Rest
Push-ups	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Plank Raises	2	20	50-60s
Tuck Jumps	2	10	50-60s

Day 4

Personal Warmup

45s Plank

V-Toe touches

Ball Twists

Side Planks

	Sets	Reps	Rest
45s Plank	2	45s	40s
V-Toe touches	2	10	45s
Ball Twists	3	8	45s
Side Planks	2	45s per side	50-60s

Day 5

Personal Warmup

Tuck Jumps

Max Reach Touches

Squat Jumps

Depth Jumps

	Sets	Reps	Rest
Tuck Jumps	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Depth Jumps	2	8	50-60s

Day 6

Personal Warmup

Depth Jumps

Squat Jumps

Tuck Jumps

Box Jumps

	Sets	Reps	Rest
Depth Jumps	3	10	30s
Squat Jumps	2	10	45s
Tuck Jumps	3	8	45s
Box Jumps	2	20	50-60s

Day 7- Rest Day

Week 5

Day 1

Personal Warmup	Sets	Reps	Rest
Sit-Ups	3	10	30s
Box Jump	2	10	45s
45s Plank	2	45s	45s
V-Toe Touches	2	20	50-60s
Ball Twists	2	10	50-60s

Day 2

Personal Warmup	Sets	Reps	Rest
Tuck Jumps	2	10	40s
Horizontal Bounds	2	10	45s
Box Jump (one leg)	3	8	45s
Split Jumps	2	20	50-60s
Max Reach Touches	2	10	50-60s

Day 3

Personal Warmup

Push-ups

Max Reach Touches

Squat Jumps

Plank Raises

Tuck Jumps

	Sets	Reps	Rest
Push-ups	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Plank Raises	2	20	50-60s
Tuck Jumps	2	10	50-60s

Day 4

Personal Warmup

Depth Jumps

Squat Jumps

Tuck Jumps

Box Jumps

	Sets	Reps	Rest
Depth Jumps	3	10	30s
Squat Jumps	2	10	45s
Tuck Jumps	3	8	45s
Box Jumps	2	20	50-60s

Day 5- Rest Day

Day 6

Personal Warmup

45s Plank

V-Toe touches

Ball Twists

Side Planks

	Sets	Reps	Rest
45s Plank	3	10	30s
V-Toe touches	2	10	45s
Ball Twists	3	8	45s
Side Planks	2	45s Per side	50-60s

Day 7

Personal Warmup

Sit Ups

Squat Jumps

Push Ups

Tuck Jumps

Sets	Reps	Rest
3	10	30s
2	10	45s
3	8	30s
2	12	50-60s

Week 6

Day 1

Personal Warmup

Box Jump (Single Leg)

Box jump

Squat Jumps

Tuck Jumps

Sets	Reps	Rest
3	10	30s
2	10	45s
3	8	45s
2	20	50-60s

Day 2

Personal Warmup

Sit Ups

45s Plank

Ball Twists

Plank Raises

V-Toe Touches

Sets	Reps	Rest
3	10	30s
2	45s	45s
3	8	45s
2	20	50-60s
2	10	50-60s

Day 3- Rest Day

Day 4

Personal Warmup

Push-ups

Max Reach Touches

Squat Jumps

Plank Raises

Tuck Jumps

	Sets	Reps	Rest
	3	10	30s
	2	10	45s
	3	8	45s
	2	20	50-60s
	2	10	50-60s

Day 5

Personal Warmup	Sets	Reps	Rest
Tuck Jumps	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Depth Jumps	2	20	50-60s

Day 6

Personal Warmup	Sets	Reps	Rest
Tuck Jumps	3	10	30s
Max Reach Touches	2	10	45s
Squat Jumps	3	8	45s
Side Planks	2	20	50-60s

Day 7

Personal Warmup

Depth Jumps

Squat Jumps

Tuck Jumps

Box Jumps

	Sets	Reps	Rest
Depth Jumps	3	10	30s
Squat Jumps	2	10	45s
Tuck Jumps	3	8	45s
Box Jumps	2	20	50-60s