

Own the podium

Week 5: "Reach for the Top"

Vertical Jump Muscles = Quadriceps, Hamstrings, Calves, Core

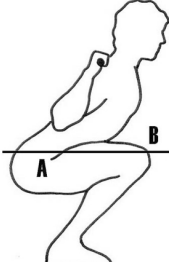
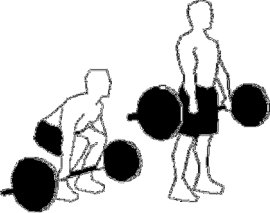
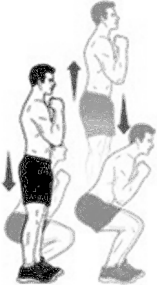
What's the Importance of a Vertical Jump?

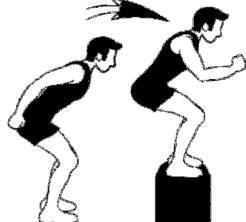
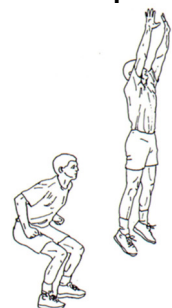
Even if you're not a basketball or volleyball player, the vertical jump is a useful measuring tool to assess the ability to display power, explosive strength, and the ability to use your strength.

3 Components to Improve a Vertical Jump

1. **Limit Strength Exercises:** The goal is to increase the force or strength producing capabilities of your muscles.
2. **Explosive Strength Exercises:** The goal is to perform the movement with more speed or more height. Generally, speed of the movement is more important than the load used.
3. **Reactive Strength Exercises:** The goal is to perform the movement with either less time spent on ground or with more height.

Exercises to Improve Vertical Jump

<p>Limit Strength: Full Squat</p> 	<p>Position barbell on back of shoulders and grasp bar to sides. Bend your knees forward while allowing your hips to bend back behind, keeping your back straight and your knees pointed in the same direction as your feet. Keep your head facing forward, back straight and feet flat on floor; equal distribution of weight through fore foot and heel. Descend until knees and hips are fully bent. Extend knees and hips until legs are straight to complete one rep. Complete 8 – 10 reps. Certain knee and low back problems may be aggravated by this exercise.</p>
<p>Limit Strength: Deadlift</p> 	<p>With feet flat beneath the bar, squat down and grasp the bar with a shoulder width or slightly wider over hand or mixed grip. Lift bar by extending hips and knees to full extension. Pull shoulders back at top of lift if rounded. Throughout the lift keep your hips low, shoulders high and arms and back straight. Your knees should point in the same direction as your feet throughout the movement. Keep the bar close to the body to improve mechanical leverage. Complete 8 – 10 reps.</p>
<p>Explosive Strength: Paused Jump Squat</p> 	<p>If using weights, use 15-30% of maximum weight you can lift during a regular squat. With your feet slightly more than shoulder width apart, lower your body by sticking your butt out while keeping your torso straight. Lower until your butt is about level with your knee, or as low as you can comfortably go. Hold this position for three seconds, and then jump as high as you can. Complete 8 – 10 reps.</p>

<p>Explosive Strength: Box Jumps</p> 	<p>Stand in front of a secured box or platform. Jump onto the box and immediately back down to the same position. Jump back and forth from floor and box as fast as possible. Immediately repeat 8 – 10 times.</p>
<p>Reactive Strength: Vertical Jump</p> 	<p>Find a high object you can use as a goal or mark to shoot for. Next, take 3 quick steps, stop, jump and attempt to touch the object. Complete 3 reps per set with maximum effort.</p>

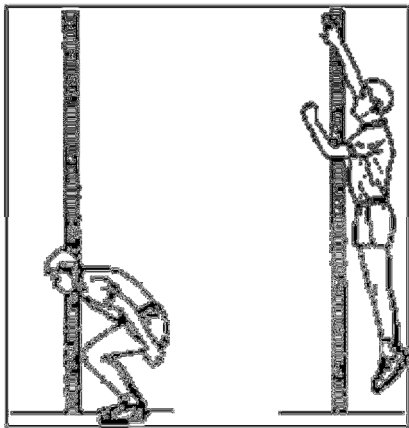
Self Test

Instructions: Every time you complete **8 – 10 repetitions**, give yourself a check mark.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓							
Weekly Total							

Race Day Event

Vertical Jump



Muscle: Quadriceps, Hamstrings, Core
Significance: Improve power and strength.

Instructions:

1. Stand and reach up with the hand closest to the wall. Keep the feet flat on the ground, and record the point of the fingertips (standing reach height).
2. Next, stand away from the wall, and leap vertically as high as possible using both arms and legs to assist in projecting the body upwards. Attempt to touch the wall at the highest point of the jump.
3. The difference in distance between the standing reach height and the jump height is the score.

Test: The best of three attempts is recorded.

References: www.bodybuilding.com/, www.exrx.net