ATTENTION

While it is possible to gain increases in your vertical jump with this chart, it should play a "complimentary" role to a more focused and targeted training regime.

Your greatest gains are going to come from a comprehensive approach and attacking your training from every angle possible.

This is the type of approach we have implemented in The Jump Manual.

Day 1	Jumps	Jumps	Explosions	Approach.		Throws	Jumps	Speed	PWS
Day 2	-	Core Series	Upper Series						PWS
Day 3	Off Day Exercises Only		Upper Series	-65	HOW				PWS
Day 4			Ge	Acce			Knee		PWS
Day 5	Recover	c.li	CKTO						<u>PWS</u>
Day 6	Stretch	Core Series	Upper Series						PWS
Day 7	Off Day Exercises Only								PWS

Jump Manual Workout Chart

Mark Steyvers

Jump Manual Workout Chart:

The Comprehensive Manual of Therapeutic Exercises Elizabeth Bryan, 2024-06-01 Therapeutic exercises can be found spread out amongst numerous texts handouts card boxes and websites which has sent clinicians practitioners and trainers searching for reliable evidence based exercises for the entire body all packaged into a single all inclusive manual To that end The Comprehensive Manual of Therapeutic Exercises Orthopedic and General Conditions was written as a fundamental resource on exercise theory and techniques and as a comprehensive guide for designing exercise programs Dr Elizabeth Bryan has compiled thousands of clinically relevant exercises to create a text that will teach students theory and proper application that they will then return to again and again in their career as a reference to aid in designing evidence based exercise programs for their clients or patients Introductory chapters cover exercise parameters exercise progression the importance of form muscle soreness and a reference for body position terminology then subsequent chapters are organized by body area to cover most of the clinical exercises in use today Each exercise includes photographs a list of muscle systems that will be affected specific substitutions to look for and detailed instructions directed at students and clinicians Also included are sections devoted to protocols and specialty exercises including yoga and tai chi Embracing the principles of evidence based practice Where s the Evidence boxes are prominently featured throughout the text to support the exercises and theory with up to date relevant sufficient valid and reliable studies Combining theory with practice The Comprehensive Manual of Therapeutic Exercises Orthopedic and General Conditions is an essential tool for students as well as clinicians practitioners or trainers to find the most appropriate exercises for their client's or patient's needs and apply them properly

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