



The Jump Manual Workout Chart

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								PWS
Day 4							Knee		PWS
Day 5	Recover								PWS
Day 6	Stretch	Core Series	Upper Series						PWS
Day 7	Off Day Exercises Only								PWS

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Jump Manual Workout

Chris McNab

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Jump Manual Workout:

Jump Manual Workout Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Jump Manual Workout**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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