



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 Chart

Daniela Niemeyer

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 Chart:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **Jump Manual Workout Chart** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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