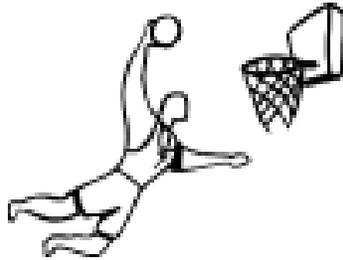


# **Sky-Rocket Your Vertical Jump with Power Plyometrics!**



**By the Editorial Team:**

<http://www.basketball-drills-and-plays.com>



Copyright 2006. All Rights Reserved. Basketball-Drills-and-Plays.com

## Important Note:

This report is designed to be a **basic guide** to plyometrics and plyometric-type exercises. . .

It contains a lot of useful tips on increasing your vertical jump, including an 8-week program that you can follow.

But, you should keep in mind that this report is only one part of what you'll find in the **Elite Basketball Improvement System**, which contains the **expanded 15-week program** with the exact weight lifting, plyometric, and balance and agility exercises to sky-rocket your vertical jump even more!

After you're done reading this report, make sure to **check out** the Elite Basketball Improvement System below:

<http://www.basketball-drills-and-plays.com/elite-player-system.html>

# Introduction to Plyometrics



## What is Plyometrics?

New advances in science make it possible to run faster and jump higher than ever before. Plyometrics is a form of exercise which links strength with speed of movement.

There are two phases of muscle contraction during the running or jumping motion. Muscles go through a **stretch (eccentric) phase** and a **contraction (concentric) phase**.

Plyometric exercises are designed to shorten the cycle time between the two phases. A rapid cycle time allows maximum energy transfer between stretch and contraction phases.



## Here's the process explained in further detail...

The key principle of plyometric training is the **stretch-shortening cycle**...

An eccentric (stretching) movement is when weight is being "lowered". When a muscle **contracts eccentrically** (lengthens while it contracts), it stretches to **produce elastic energy, which the muscle can store**.

Immediately after the eccentric movement, if the muscle **contracts concentrically** (shortens while it contracts), the stored elastic energy is released to produce greater force. A concentric movement is when the weight is being "lifted".

In a vertical jump, an athlete will usually "dip down" a little bit right before jumping. This little "dip" is the eccentric movement, and the actual jump is the "concentric" movement.

A good "eccentric" (stretching/lowering) contraction is absolutely necessary to generate maximum "concentric" (lifting) force.



## So how do plyometrics help?

Very simply, plyometric exercises train your muscles to store more elastic energy during the eccentric (lowering/stretching) phase. This is achieved by the rapid and intense jumps done in a typical plyometrics workout.

Not only is the muscle trained to store more elastic energy, but it is also trained to transfer this elastic energy to the concentric movement much more rapidly. This is the **key to generating maximum power!**

Plyometric exercises **have to be done properly** and with good knowledge, otherwise it can lead to overtraining and injury. The results you can achieve by performing plyometric exercises correctly are truly amazing and safe.

## **How to maximize your results from plyometrics...**

There is a way to dramatically boost the benefit of plyometrics...

The key is to know the difference between “**true plyometric**” exercises and “plyometric-type” exercises.

Many programs mistakenly over-emphasize “plyometric-type” exercises, which can limit your results.

True plyometric exercises actually shorten the phase between the eccentric and concentric cycle, as explained earlier. There are very few “true plyometric” exercises, and in the **Elite Basketball Improvement System**, we reveal the most effective of these exercises and show you an **advanced routine** for adding serious inches to your vertical.

Plyometrics are also most effective when combined with optimal, **complementary weight training and balance/agility exercises**.

When performed alone, plyometrics help to increase the “velocity” component of the force equation . However, to maximize your vertical jump, you also have to increase the power component of the equation.

Don't let this confuse you . . . Everything is explained in step-by-step detail in the Elite Basketball Improvement System , in which we reveal the **most effective true-plyometric** and plyometric-type exercises, along with **optimal weight training** and **balance/stability routines**.

Check out the Elite Basketball Improvement System to maximize your results from plyometrics:

<http://www.basketball-drills-and-plays.com/elite-player-system.html>

# 8-Week Plyometric Training Program

Are you ready for lift-off?

Good...Because here's a powerful vertical leap program that we guarantee is better than most of the "paid" vertical leap programs out there...and its yours free!

**Note:** If you want to get even better results in a shorter period of time , all while increasing your athletic power , speed , & quickness , then check out the Elite Basketball Improvement System , below:

<http://www.basketball-drills-and-plays.com/elite-player-system.html>

If you haven't already read the "Introduction to Plyometrics" section in the beginning of this report, make sure to go back and read it first!



## Exercise Descriptions

Now, before giving you the specific vertical leap program, you should learn the different exercises and how to perform them correctly. Read the description of each exercise below:

### Vertical Leap Exercise #1: LATERAL CONE HOP

Jump over a cone or similar object from side to side spending as little time on the ground as possible.

### Vertical Leap Exercise #2: BOUNDING

Jump forward with both feet from a standing position. Bound forward immediately upon landing. Try to leap for both height and distance.

### Vertical Leap Exercise #3: SKIPPING

Skip forward with exaggerated high knee action.

### Vertical Leap Exercise #4: BOX JUMPS

Jump down from a box or platform 2-3 ft. high. Jump high in the air in explosive reaction. Get back on the box. Repeat.

### Vertical Leap Exercise #5: RIM JUMPS

Jump as high as possible toward a basketball rim or similar target. Jump back up immediately upon landing. Spend as little time as possible on the ground.

### Vertical Leap Exercise #6: SQUAT LUNGES

Beginners and under 16 use no weights. Do only body weight. Advanced athletes use a barbell or 2 dumbbells. The goal is to be able to do multiple repetitions with weights of 1/2 or more of your body weight. Carry the dumbbell or barbell behind your neck on the shoulders. Step forward, bending your right knee and forming a 90° angle between your right knee and your right thigh, with your left knee touching the ground. Stand up, repeat with the left foot.

### Vertical Leap Exercise #7: STEP-UPS

Use a sturdy 12" box. Beginners and under 16 use no weights - only body weight. Advanced athletes use a barbell or 2 dumbbells. The goal is to be able to do multiple repetitions with weights of 1/2 or more of your body weight. Step up on to a box with your right foot. Come down, repeat with your left foot.



### 8 Week Training Schedule

Warm up with 1/4 mile jog in normal running shoes. Or indoors, try jumping rope 2 minutes in JumpSoles. Stretch.

#### WEEK 1

- Perform 2 sets of Squat Lunges (10 repetitions each set)
- Perform 2 sets of Step-ups (10 repetitions each set)

#### WEEK 2

- Perform 1 set of Lateral Cone Hops (15 jumps)
- Perform 1 set of Skipping Jumps (25 yards)
- Perform 1 set of Rim Jumps (15 jumps)
- Perform 2 sets of Squat Lunges and 2 sets of Step-ups (same repetitions as in week 1)

#### WEEK 3

- Perform 1 set of Lateral Cone Hops
- 1 set of Bounding (25 yards)
- 1 set of Skipping
- 1 set of Box Jumps (10 jumps)

-2 sets of Rim Jumps

-2 sets of Squat Lunges

-2 sets of Step-Ups

For Skipping, Rim Jumps, Squat Lunges, and Step-Ups, do the same amount of repetitions as described in the earlier weeks.

#### WEEK 4

-2 sets each of Lateral Cone Hop, Skipping, and Rim Jumps

-1 set each of Bounding and Box Jumps

-3 sets each of Squat Lunges and Step-Ups

Same Repetitions in each exercise as described in earlier weeks.

#### WEEK 5

-2 sets each of Lateral Cone Hop, Bounding, Skipping, Box Jumps, and Rim Jumps

-3 sets each of Squat Lunges and Step-Ups

#### WEEK 6, 7 AND 8

-2 sets each of Lateral Cone Hops, Bounding, Box Jumps, and Rim Jumps

-3 sets of skipping

-3 sets each of Squat Lunges and Step-Ups

**Important Notes:** After each workout, cool down with 1/4 mile jog in normal running shoes. Or indoors, try jumping rope 2 minutes in JumpSoles. Stretch. Proper resting on off days is very important, as it takes at least 48 hours to properly rebuild the muscle fibers broken down by plyometric and strength training.

**In the Off-Season:** During the off season after you complete the 8 week PHI SLAMMA JAMMA Vertical Leap Program, rest 10 days and build back up again from week 4. Increase poundages on lunges and step-ups. Repeat the cycle until the competitive season.

**In the Competitive Season:** Here, **USE CAUTION!** Overtraining during the competitive season can lead to burnout and poor performance. Box jumps are especially strenuous and should be

done with caution during competitive season. Cut back on weight training, do only 1 set of the squat lunges and step-ups to maintain your strength.



**Advanced, expanded workout routine for increasing your vertical jump, speed, & quickness even more. . .**

Look, your time is valuable, and if you truly want to sky-rocket and dunk over your competition as soon as possible, then you need a secret weapon. . .

This secret weapon can give you **blazing speed and quickness**, and send you flying in the air to score with authority. . .

It can also help you become **injury-resistant**, so you can play without worrying too much about rolling your ankles, getting shin splints, hurting your knees, etc.

Lets face it, a lot of people have heard about plyometrics, and most players are starting to add plyometrics to their training.

The thing that will give you a **200% advantage** over everyone else, and help you achieve gigantic gains much faster is Part 2 of the **Elite Basketball Improvement System: Unleash Explosive Athleticism**.

In this program, we reveal the expanded “**true plyometrics**” workout routine, along with the most effective **weight training** exercises and **balance/stability** workouts. There is even a section on speed training and proper nutrition.

**Important Note:** Without proper nutrition, rest, and recovery, all your training efforts will do you no good. In the Elite Basketball Improvement System, there is a dedicated section on exactly how, what, and when you need to eat for explosive results!



**Get the advantage of a lightning quick first step, blazing speed, and rim-rocking vertical jump with the Elite Basketball Improvement System. Designed with the concepts of Professional athletic trainers and cutting-edge scientific discoveries, this system contains one of the most revolutionary workout routines ever developed:**

<http://www.basketball-drills-and-plays.com/elite-player-system.html>