

# Vertical Jump Program



## Weight Training Olympic Weightlifting

- Squat
- Deadlift
- Split Lunge
- Power Clean

## Plyometric Training

- Box Jumps
- Depth Jumps
- Seated Vertical Jumps
- Kneeling-Stand Jump
- Side Steps + Box Jumps

## Reactive Plyometric Training

- Reactive Jumps [Front & Back]
- Reactive Jumps [Right & Left]
- Split Lunge Jumps
- Reactive Box Jump [Depth +Box Jump]
- Reactive Lateral Jumps

### <Training Tips>

- Research suggests that combining weight training and plyometric exercises in the same session, known as complex training, can be an effective method for improving athletic performance. Studies have shown that this approach can enhance vertical jump performance, leg strength, sprint ability, and overall power output.
- Weight training primarily enhances concentric function, while plyometric training improves eccentric force production.
- The order of exercises within a session does not significantly affect outcomes, allowing for flexibility in program design.

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## <Plyometric Training Volume Guidelines (Contacts per Session)>

Athletic Level	Low-Intensity	Moderate-Intensity	High-Intensity
<b>Beginner</b>	80-100	60	40
<b>Intermediate</b>	100-150	80-100	60-80
<b>Advanced</b>	140-200	100-120	80-100

## <Reference>

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