

# 4 Week Vertical Jump Training Program



**A1Athlete.com**



## Important Points Before You Begin

Before even looking at the program, make sure you understand the following points...

### Training Volume Warning

Because we're trying to get the maximum results in only four weeks, I created this program so that we'd be training four days a week.

If you are already playing basketball or volleyball 1-2 times a week or are engaging in any other physical activity, this program is not suitable to follow as it is.

The training volume is already quite high and if you are doing anything else on top, your true results will be masked by fatigue and you'll likely end up disappointed.

### Remove Training Days

If you are playing a sport once or twice a week, you should cut out one of the four days from the below program so that you're only doing this jump training three times per week.

It doesn't matter which day you axe, but just be mindful that I've included most of the upper body training volume on Saturdays so you may or may not want to get rid of those exercises.

### Some Advanced Exercises

While this program is quite basic in nature, I wouldn't recommend this for a complete beginner who's never stepped in a weight room before.

This program *does* require access to a gym.

Many of these exercises such as back squats, Bulgarian split squats, and hang cleans require some experience and understanding of proper technique.

If some of these movements are too difficult for you, feel free to replace them with simpler exercises that you're confident with that fall into the same category of exercise.

### Do I Need Equipment?

As it is, this program requires you to have access to a gym.

There's simply no way to achieve the best possible results in such a short period of time without having access to a squat rack and some dumbbells at the very least.

If you don't have access to a gym, familiarize yourself with the [best at-home vertical jump exercises](#) and replace the ones you can't do with some of those.



## **For Detrained Athletes**

Don't just jump straight into this program if you're detrained or haven't lifted or jumped much recently.

Ideally you'll want to ease into things with a more gradual 'adaptation phase' before diving into this program.

You don't want to be sore for the entire first and second weeks, so make sure you're hitting the ground running so to speak prior to beginning this program.

## **Prioritize Recovery**

I highly recommend foam rolling and/or static stretching after each of these workouts.

Because our training volume is so high, you want to put a big focus on recovery and foam rolling is going to reduce soreness so you'll be in better shape to perform well the following day.

Make sure you eat as well as you can and get as much sleep as possible while on this program to get the best results.

If you can get a couple massages throughout the program, that would also be helpful.

## **Listen To Your Body**

Never lift or jump through pain.

If a particular exercise is aggravating a joint, attempt to replace it with a similar exercise you can do safely, or skip it altogether.

If you're extremely sore, it's probably better to take the entire day off and do some light walking and mobility movements to help speed up recovery.



# Optimize Your Vertical Jump Training With OTA's Elite Vertical Academy

Before we get into the program, I'd **strongly** recommend checking out Overtime Athletes' EVA program.

I've personally reviewed *every single vertical jump program* on the market, so believe me when I tell you that this program is in a league of its own!



This program is not only super affordable but is significantly more comprehensive than a lot of the other options out there.

If you're serious about jumping higher, be sure to check this out!

[\*\*Click here to get 50% off the EVA!\*\*](#)

[\*\*Click here to read my full review!\*\*](#)

With that out of the way, let's dive right into my 4 week vertical jump program!



# Week 1 – Strength Focus

As with most [vertical jump training programs](#), our initial focus will be on developing strength.

But because we only have 4 weeks to be jumping as high as possible we're going to be doing a good mix of jump work as well.

If you're unsure about any of these exercises, jump on YouTube and you'll quickly be able to find a demo.

I've done my best to hyperlink each movement to a video demonstration, but occasionally these links will break.



# WEEK 1 DAY 1

## ***Dynamic Warm Up***

Start the workout with a dynamic warm up of your choice. It really doesn't matter what exercises you do here as the objective is simply to get the blood flowing and to loosen up your joints.

Some athletes will feel good to go after a 5 minute jog and others will prefer to do a more deliberate warm up for 20 minutes.

Do whatever you please.

If you're looking for some more guidance on your warm up, check out my article discussing [how to warm up for vertical jump training and testing](#).

You might want to include exercises like the following in your warm up.

<a href="#">LEG SWINGS</a>	2X15 EACH LEG
<a href="#">JUMP ROPE</a>	2 MINS
<a href="#">POGO JUMPS</a>	15 REPS
<a href="#">HIGH KNEES</a>	30 FEET
<a href="#">BUTT KICKS</a>	30 FEET

## ***Plyometrics***

<a href="#">DEPTH JUMPS</a>	10 REPS
<a href="#">RUNNING VERTICAL JUMPS</a>	8 REPS

## ***Power***

<a href="#">MED BALL TOSSES</a>	10 REPS
---------------------------------	---------

## ***Strength***

<a href="#">BACK SQUATS</a>	5 SETS OF 5 REPS
<a href="#">HIP THRUSTS</a>	5 SETS OF 8 REPS

## ***Recovery***

<a href="#">FOAM ROLL</a>
---------------------------



## WEEK 1 DAY 2

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 1 DAY 3

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[SINGLE LEG BOUNDING](#)

3 SETS OF 5 REPS EACH LEG

[STANDING VERTICAL JUMPS](#)

8 REPS

## ***Power***

[BARBELL JUMP SQUATS](#)

3 SETS OF 4 REPS

\*CHECK OUT [THIS ARTICLE](#) FOR MORE INFO ON THIS EXERCISE AS IT RELATES TO JUMP TRAINING.

## ***Strength***

[SMITH MACHINE BSS](#)

3 SETS OF 6 REPS

[WEIGHTED GLUTE HAM RAISES](#)

5 SETS OF 8 REPS

[WEIGHTED CALF RAISES](#)

5 SETS TIL FAILURE

## ***Recovery***

[FOAM ROLL](#)





## WEEK 1 DAY 4

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 1 DAY 5

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[DEPTH DROPS](#) 15 REPS

[DEPTH JUMPS](#) 8 REPS

## ***Power***

[MED BALL TOSSES](#) 8 REPS

[BARBELL JUMP SQUATS](#) 3 SETS OF 4 REPS

## ***Strength***

[BACK SQUATS](#) 5 SETS OF 5 REPS

[BARBELL ROMANIAN DEADLIFTS](#) 4 SETS OF 7 REPS

## ***Upper Body***

[MED BALL SLAMS](#) 8 REPS

## ***Core***

[MED BALL WALL SLAMS](#) 6 REPS EACH SIDE

## ***Recovery***

[FOAM ROLL](#)



# WEEK 1 DAY 6

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[RUNNING VERTICAL JUMPS](#)

8 REPS

## ***Power***

[BARBELL JUMP SQUATS](#)

3 SETS OF 5 REPS

## ***Strength***

[SMITH MACHINE BULGARIAN SPLIT QTR SQUAT](#)

5 SETS OF 4 REPS

[BACK SQUATS](#)

5 SETS OF 4 REPS

[HIP THRUSTS](#)

4 SETS OF 6 REPS

## ***Upper Body***

[CHIN UPS](#)

4 SETS TIL FAILURE

[BENCH PRESS](#)

4 SETS OF 6 REPS

## ***Core***

[WOODCHOPS](#)

4 SETS OF 20 REPS EACH SIDE

## ***Recovery***

[FOAM ROLL](#)



## WEEK 1 DAY 7

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# Week 2 – Power Focus

In the second week we're going to swap out some of the strength volume for more power-oriented movements as we shift the focus from strength to increasing rate of force development.



# WEEK 2 DAY 1

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[DEPTH JUMPS](#)

10 REPS

[RUNNING VERTICAL JUMPS](#)

8 REPS

## ***Power***

[MED BALL TOSSES](#)

10 REPS

[DUMBBELL JUMP SQUATS](#)

5 SETS OF 6 REPS

## ***Strength***

[BACK SQUATS](#)

4 SETS OF 4 REPS

## ***Recovery***

[FOAM ROLL](#)



## WEEK 2 DAY 2

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 2 DAY 3

\*In today's workout we're going to start switching things around a little by incorporating some conjugate training (stacking jumps after lifts).

You're welcome to complete the workout as it's written or do them as supersets.

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[SINGLE LEG BOUNDING](#)

3 SETS OF 5 REPS EACH LEG

[DOUBLE LEG BOUNDING](#)

3 SETS OF 5 REPS

## ***Power***

[\\*BARBELL JUMP SQUATS](#)

4 SETS OF 4 REPS

[\\*STANDING VERTICAL JUMPS](#)

5 REPS

## ***Strength***

[\\*SMITH MACHINE BSS](#)

3 SETS OF 4 REPS

[\\*RUNNING VERTICAL JUMPS](#)

5 REPS

[WEIGHTED GLUTE HAM RAISES](#)

3 SETS OF 6 REPS

[WEIGHTED CALF RAISES](#)

3 SETS TIL FAILURE

## ***Recovery***

[FOAM ROLL](#)





## WEEK 2 DAY 4

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 2 DAY 5

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[DEPTH DROPS](#) 15 REPS

[DEPTH JUMPS](#) 8 REPS

## ***Power***

[MED BALL TOSSES](#) 8 REPS

[STANDING VERTICAL JUMPS](#) 5 REPS

[BARBELL JUMP SQUATS](#) 3 SETS OF 4 REPS

[STANDING VERTICAL JUMPS](#) 5 REPS

## ***Strength***

[BACK SQUATS](#) 3 SETS OF 4 REPS

[BARBELL ROMANIAN DEADLIFTS](#) 3 SETS OF 7 REPS

## ***Upper Body***

[MED BALL SLAMS](#) 8 REPS

## ***Core***

[MED BALL WALL SLAMS](#) 3 SETS OF 6 REPS EACH SIDE

## ***Recovery***

[FOAM ROLL](#)



# WEEK 2 DAY 6

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[RUNNING VERTICAL JUMPS](#)

8 REPS

## ***Power***

[BARBELL JUMP SQUATS](#)

3 SETS OF 5 REPS

## ***Strength***

[SMITH MACHINE BULGARIAN SPLIT QTR SQUAT](#)

5 SETS OF 4 REPS

[BACK SQUATS](#)

5 SETS OF 4 REPS

[HIP THRUSTS](#)

4 SETS OF 6

## ***Upper Body***

[CHIN UPS](#)

4 SETS TIL FAILURE

[BENCH PRESS](#)

4 SETS OF 6 REPS

## ***Core***

[WOODCHOPS](#)

4 SETS OF 20 REPS EACH SIDE

## ***Recovery***

[FOAM ROLL](#)



## WEEK 2 DAY 7

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# Week 3 – Plyometric Focus

The third week we'll shift focus once more to plyometrics.

Our strength work now becomes primarily maintenance and the volume of jumping will increase.



# WEEK 3 DAY 1

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

<a href="#">DEPTH JUMPS</a>	10 REPS
<a href="#">DEPTH DROPS</a>	10 REPS
<a href="#">RUNNING VERTICAL JUMPS</a>	10 REPS

## ***Power***

<a href="#">HANG POWER CLEANS</a>	3 SETS OF 4 REPS
<a href="#">DUMBBELL JUMP SQUATS</a>	5 SETS OF 5 REPS

## ***Strength***

<a href="#">BACK SQUATS</a>	3 SETS OF 4 REPS
-----------------------------	------------------

## ***Recovery***

<a href="#">FOAM ROLL</a>
---------------------------



## WEEK 3 DAY 2

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 3 DAY 3

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

<a href="#">SINGLE LEG BOUNDING</a>	3 SETS OF 5 REPS EACH LEG
<a href="#">DOUBLE LEG BOUNDING</a>	3 SETS OF 5 REPS
<a href="#">SPLIT JUMPS</a>	3 SETS OF 5 REPS

## ***Power***

<a href="#">BARBELL JUMP SQUATS</a>	4 SETS OF 4 REPS
<a href="#">STANDING VERTICAL JUMPS</a>	5 REPS

## ***Strength***

<a href="#">SMITH MACHINE BSS</a>	3 SETS OF 4 REPS
<a href="#">RUNNING VERTICAL JUMPS</a>	5 REPS
<a href="#">WEIGHTED GLUTE HAM RAISES</a>	3 SETS OF 6 REPS
<a href="#">WEIGHTED CALF RAISES</a>	3 SETS TIL FAILURE

## ***Recovery***

<a href="#">FOAM ROLL</a>
---------------------------





## WEEK 3 DAY 4

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 3 DAY 5

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

[DEPTH DROPS](#) 15 REPS

[DEPTH JUMPS](#) 8 REPS

## ***Power***

[MED BALL TOSSES](#) 3 SETS OF 5 REPS

[STANDING VERTICAL JUMPS](#) 5 REPS

[BARBELL JUMP SQUATS](#) 3 SETS OF 5 REPS

[STANDING VERTICAL JUMPS](#) 5 REPS

## ***Strength***

[BACK SQUATS](#) 3 SETS OF 4 REPS

[BARBELL ROMANIAN DEADLIFTS](#) 4 SETS OF 7

## ***Upper Body***

[MED BALL SLAMS](#) 8 REPS

## ***Core***

[MED BALL WALL SLAMS](#) 3 SETS OF 6 REPS EACH SIDE

## ***Recovery***

[FOAM ROLL](#)



# WEEK 3 DAY 6

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics & Power***

<a href="#">BARBELL JUMP SQUATS</a>	3 SETS OF 5 REPS
<a href="#">RUNNING VERTICAL JUMPS</a>	5 REPS
<a href="#">MED BALL TOSSES</a>	10 REPS
<a href="#">STANDING VERTICAL JUMPS</a>	5 REPS
<a href="#">DUMBBELL JUMP SQUATS</a>	3 SETS OF 5 REPS
<a href="#">STANDING VERTICAL JUMPS</a>	5 REPS

## ***Strength***

<a href="#">SMITH MACHINE BULGARIAN SPLIT QTR SQUAT</a>	3 SETS OF 3 REPS
<a href="#">BACK SQUATS</a>	3 SETS OF 4 REPS

## ***Upper Body***

<a href="#">CHIN UPS</a>	4 SETS TIL FAILURE
<a href="#">BENCH PRESS</a>	3 SETS OF 6 REPS

## ***Core***

<a href="#">WOODCHOPS</a>	4 SETS OF 20 REPS EACH SIDE
---------------------------	-----------------------------

## ***Recovery***

<a href="#">FOAM ROLL</a>
---------------------------



## WEEK 3 DAY 7

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# Week 4 – Peak

The purpose of this week is to ensure we're jumping as high as possible come Sunday.

This week will act as a bit of a deload to allow us to recover from the previous three weeks of hard work.

The training focus will still be on plyometrics.



# WEEK 4 DAY 1

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics***

<a href="#">DEPTH JUMPS</a>	7 REPS
<a href="#">DEPTH DROPS</a>	7 REPS
<a href="#">RUNNING VERTICAL JUMPS</a>	10 REPS

## ***Power***

<a href="#">MED BALL TOSSES</a>	7 REPS
<a href="#">DUMBBELL JUMP SQUATS</a>	4 SETS OF 3 REPS

## ***Strength***

<a href="#">BACK SQUATS</a>	3 SETS OF 4 REPS
-----------------------------	------------------

## ***Recovery***

<a href="#">FOAM ROLL</a>
---------------------------



## WEEK 4 DAY 2

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 4 DAY 3

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics & Power***

<a href="#">STANDING VERTICAL JUMPS</a>	10 REPS
<a href="#">RUNNING VERTICAL JUMPS</a>	10 REPS
<a href="#">BARBELL JUMP SQUATS</a>	3X3
<a href="#">STANDING VERTICAL JUMPS</a>	7 REPS

## ***Strength***

<a href="#">SINGLE LEG GLUTE BRIDGE ISO HOLD</a>	40 SECONDS EACH SIDE
<a href="#">STANDING TIBIALIS RAISE</a>	3 SETS OF 25 REPS
<a href="#">WEIGHTED CALF RAISES</a>	3 SETS OF 15 REPS

## ***Recovery***

[FOAM ROLL](#)





## WEEK 4 DAY 4

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



# WEEK 4 DAY 5

## ***Dynamic Warm Up***

Complete a dynamic warm up of your choice.

Take a look at my article on [warming up for the vertical jump](#) for some ideas.

## ***Plyometrics & Power***

<a href="#">DEPTH DROPS</a>	5 REPS
<a href="#">DEPTH JUMPS</a>	5 REPS
<a href="#">STANDING VERTICAL JUMPS</a>	5 REPS
<a href="#">MED BALL TOSSES</a>	5 REPS
<a href="#">STANDING VERTICAL JUMPS</a>	5 REPS

## ***Strength***

<a href="#">BACK SQUATS</a>	3 SETS OF 4 REPS
-----------------------------	------------------

## ***Upper Body***

<a href="#">MED BALL SLAMS</a>	8 REPS
--------------------------------	--------

## ***Core***

<a href="#">MED BALL WALL SLAMS</a>	2 SETS OF 6 REPS EACH SIDE
-------------------------------------	----------------------------

## ***Recovery***

<a href="#">FOAM ROLL</a>	
---------------------------	--



## WEEK 4 DAY 6

Today is a rest day.

I *highly* recommend going for at least 1 60+ minute walk and to do some stretching and mobility work.

Don't just lie around all day doing nothing.

Movement promotes blood flow which promotes healing.



## WEEK 4 DAY 7

Today is the final day of the program.

You should be well rested by this stage.

Spend today testing both your standing and running vertical jumps.

Remember to follow my [warm up guide for vertical jump testing](#) to ensure you get the best results.



**A1Athlete.com**

Any questions or queries, feel free to email me at [Harvey@A1Athlete.com](mailto:Harvey@A1Athlete.com) – I'd love to hear about your results!

