



MEMBERSHIP

# JUMP HIGHER PROGRAMME



Intermediate

The 'Jump Higher' Programme is designed to help you to improve your performance on the court.

The programme runs over the course of 4 weeks and is designed to help you to:

- Improve your landing technique
- Develop your plyometric training
- Build lower body strength

Plyometric training like this can be very hard on your body so it is important that you are mindful to not overtrain. Your other sessions in the week should be either basic strength training and/or core stability training.

Each session in the programme combines landing mechanics, strength training and plyometric conditioning to help you to develop strength and power in your lower limbs. This combination of exercises manipulate the elasticity and strength of your muscles by increasing the speed and force of their contractions. This means that your muscles become more explosive through single movements such as jumping, sprinting and throwing.

To help to see how your training is impacting your performance, we have included a progress test and tracker that you should look to fill out before you start training and then again after the 4 weeks.

As always, it's important that you are comfortable with the movements in the programme. That's why our learning zone is a good place to visit before you start training.

We suggest you watch:

- 📺 "How to know if you're 'doing it right' when lifting"
- 📺 "Full warm up"
- 📺 "Understanding and using RPE when lifting"


# TAKE REST SERIOUSLY

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## PROGRESS TESTS

Test	Pre Programme	Post Programme	Notes / Comments
<b>Strength</b> - Record your 1RM for a squat and a deadlift pre and post programme			
<b>Elevation</b> - Record your vertical jump height. You can do this by chalking your hand and measuring height from floor.			
<b>Explosiveness</b> - Set a 30 second timer and record how many Squat jumps you can complete in this time			

## PROGRESS TRACKER



Exercise	Session 1 - (80%)	Session 2 - (80%)	Notes (How did it feel? Did you use BB or DB? etc)
Squat			
Deadlift			
Hip Thrust			



# LIFT HEAVY SEE PROGRESS



## Weeks 1-4

It is recommended that you should be lifting 80% of your 1RM for each of the 'Lower' blocks in the programme. If you are unsure of how to find this check out the videos in the learning zone for some guidance and support.

### WEEK 1

Session 1

Plyometrics #9

Lower #5

Conditioning #1

Make sure to rest for 5 minutes minimum between each block to ensure full recovery

### WEEK 2

Session 2

Plyometrics #10

Lower #6

Conditioning #2

Make sure to rest for 5 minutes minimum between each block to ensure full recovery

### WEEK 3

Session 3

Plyometrics #11

Lower #7

Conditioning #3

Make sure to rest for 5 minutes minimum between each block to ensure full recovery

### WEEK 4

Session 4

Plyometrics #12

Lower #8

Conditioning #4

Make sure to rest for 5 minutes minimum between each block to ensure full recovery



# JUST THE BEGINNING



YOU DID IT! Congratulations on completing the 'Jump Higher' programme on the NETGym membership. Hopefully you have enjoyed the sessions and you have seen an improvement in your explosiveness on court.

So what next?

Now you have some plyometric and power training under your belt, you might want to have a go at the 'Power Programme'. Please note that this is an advanced form of training and you must be competent with olympic lifts first.

Of course you can continue to repeat the programming and continue to improve your performance. If you do choose to complete the programme again, make sure to increase the weights you use every 4-6 weeks to allow your to improve through progressive overload.

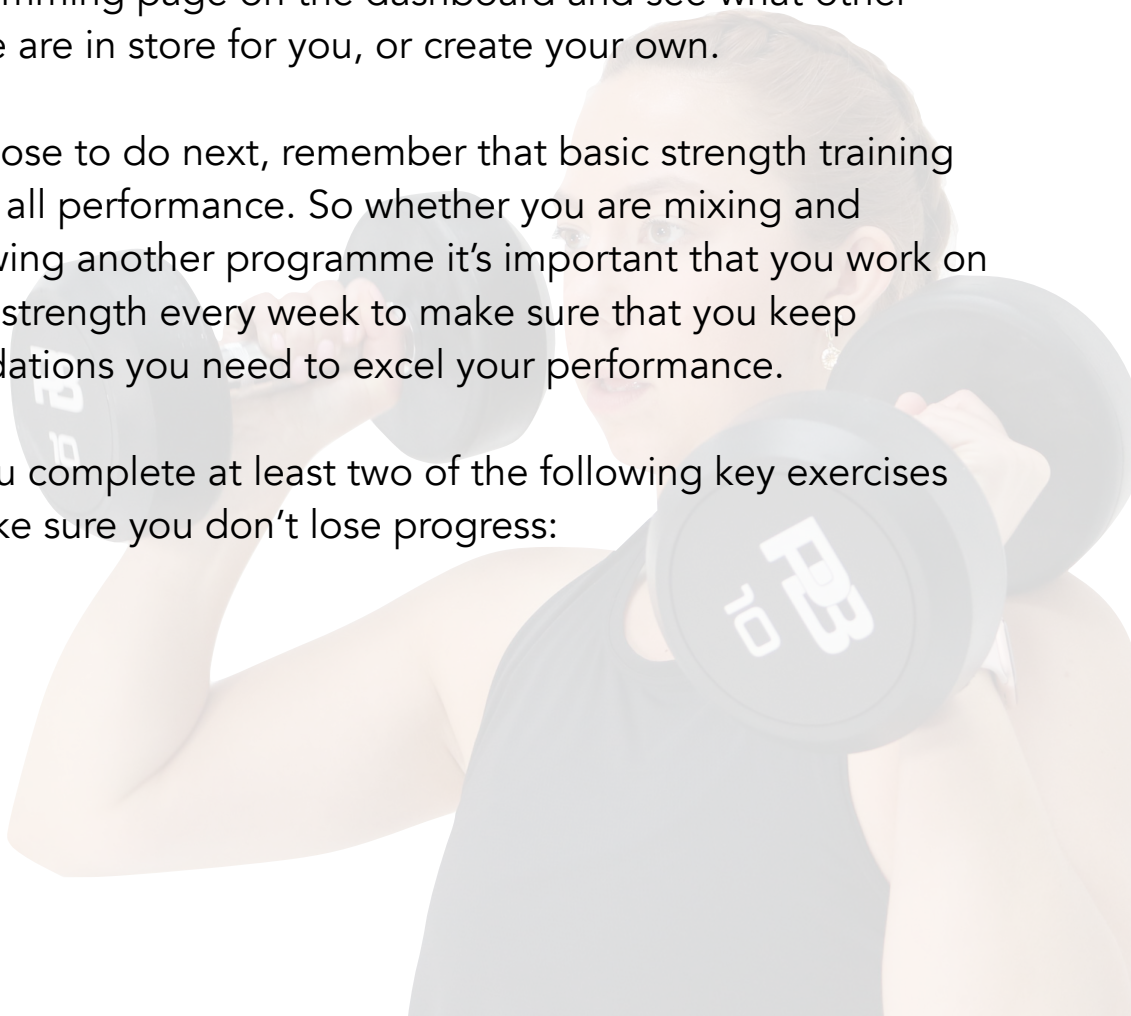
But if you are wanting to try something a little different, why not head over to the Programming page on the dashboard and see what other programmes there are in store for you, or create your own.

Whatever you choose to do next, remember that basic strength training builds the base of all performance. So whether you are mixing and matching or following another programme it's important that you work on your fundamental strength every week to make sure that you keep building the foundations you need to excel your performance.

Make sure that you complete at least two of the following key exercises every week to make sure you don't lose progress:

- Squat
- Deadlift
- Shoulder Press
- Chest Press
- Bent Over Row

GOOD LUCK!





# JUMP HIGHER PROGRAMME

CONGRATULATIONS!  
YOU SMASHED IT!



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