# 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.

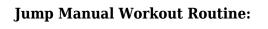
Your greatest gains are going to come from a comprehensive approach and attacking your training from every angle possible.

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		Upper Series	-65	HOW				PWS
Day 4			Ge	Acce			Knee		PWS
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**Camilla Rothe** 



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