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Nine-Week Box Jump Program

Created By: Jonathon Janz and Cal Dietz

Perform these exercises prior to or in conjunction with strength training. Each jump should be made with **MAXIMUM EFFORT**.

Prior to starting this plyometric program it is recommended that you warm up using a [Complete Dynamic Warm Up](#) or [Complete Hurdle Warm Up](#)

WEEKS 1 – 3

Relaxed Box Jump

3 Sets of 5 Reps

Description: Relax body on bench completely, then jump up explosively

Purpose: Develop explosiveness from a static start using only intrinsic nervous stimulation

Rest 15 to 30 Seconds Between Reps

Rest 1:30 to 2:00 Minutes Between Sets

WEEKS 4 – 6

1) Isometric Release Box Jumps

3 Sets of 5 Reps

Description: Jumper pushes hard upward against partner resistance

Purpose: Develop a high level of tension in the muscles prior to jumping

Rest 15 to 30 Seconds Between Reps

Rest 1:30 to 2:00 Minutes Between Sets

2) Depth Drop

3 Sets of 3 Reps

Description: Step off box and land – RESIST the impact, DO NOT absorb it

Purpose: Train neuromuscular system (stretch reflex) and develop elastic qualities of the musculature

Rest 15 to 30 Seconds Between Reps

Rest 1:30 to 2:00 Minutes Between Sets

WEEKS 7 – 9

Depth Drop and Box Jump

3 Sets of 5 Reps

Description: Step off box, land and IMMEDIATELY jump onto another box as fast as possible

Purpose: Develop ability to effectively utilize a strong stretch reflex in order to become more explosive

Rest 15 to 30 Seconds Between Reps

Rest 1:30 to 2:00 Minutes Between Sets



