

# **SHOCK PHASE WEEK 2 WEE** 1

# DAY 1

#### **RECOVERY**

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

# DAY 2

**DYNAMIC WARM UP** AROUND THE SQUARE **TUCK JUMPS** HORIZONTAL BOUNDS **180 SQUAT JUMPS SPLIT JUMPS** COOL DOWN

# DAY 3

DYNAMIC WARM UP LATERAL HIGH JUMPS DEPTH JUMP (BOTH FEET) SINGLE LEG BOX JUMPS **SEATED BOX JUMPS COOL DOWN** 

<u> 2E12</u>	
	3 SETS
	3 9E 19
	O CETC

OFTO

2 SETS 3 SETS 3 SETS 3 SETS

#### **REPS**

**4 FULL ROTATIONS** 10-12 JUMPS **15 EACH SIDE** 10 JUMPS 12 JUMPS

#### **REST**

60-90 SECS 90-120 SECS 90-120 SECS 60-90 SECS 90-120 SECS

#### **SETS**

3 SETS 3 SETS 2 SETS 3 SETS

#### **REPS**

**20 JUMPS** 8 JUMPS **8 EACH LEG** 8 JUMPS

#### **REST**

60-90 SECS 90-120 SECS **90 SECS** 90-120 SECS

### DAY 4

**BODY HOLDS (3 WAYS) SIDE CRUNCHES LEG RAISES SUPERMANS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

#### **SETS**

3 SETS 3 SETS 3 SETS 3 SETS

#### **REPS**

**30 SECS EACH 20 EACH SIDE 15 RAISES 10 SUPERMANS** 

#### **REST**

30 SECS 1 MIN **45 SECS** 2 MIN



# **SHOCK PHASE WEEK 2 WEE** 1

## DAY 5

**DYNAMIC WARM UP UPHILL SPRINTS UPHILL SQUAT JUMPS CLAP PUSH UPS V-UP TOE TOUCHES MED BALL TWISTS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

**COOL DOWN** 

<u>2F12</u>		
	4 SETS	
	3 SETS	
	2 SETS	
	3 SETS	
	3 SETS	

<b>20 METERS</b>
15 JUMPS
10 PUSHUPS
15 V-UPS
<b>30 SECS</b>

**REPS** 

**REPS** 

100 0500
120 SECS
0 0_00
OU CLUC
90 SECS
000_00
EU CLUC
50 SECS
000=00
60 SECS
DD 9E09
60 SECS
UU JLUJ

**REST** 

**REST** 

# DAY 6

**DYNAMIC WARM UP** 

AROUND THE SQUARE HORIZONTAL BOUNDS **180 SQUAT JUMPS SPLIT JUMPS COOL DOWN** 

3 SETS
3 SETS
3 SETS
3 SETS

**SETS** 

**4 FULL ROTATIONS** 10-12 JUMPS 15 EACH SIDE 10 JUMPS 12 JUMPS

90-120 SECS **60-90 SECS** 90-120 SECS

## **DAY 7**

#### **RECOVERY**



# **SHOCK PHASE WEEK 3 WEE** 1

**REPS** 

**REPS** 

# DAY 1

DYNAMIC WARM UP **LATERAL HIGH JUMPS DEPTH JUMP (BOTH FEET)** SINGLE LEG BOX JUMPS **SEATED BOX JUMPS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL) **COOL DOWN** 

SETS	
	n ofto
	3 SETS
	3 SETS
	2 SETS
	3 SETS

**20 JUMPS** 8 JUMPS **8 EACH LEG** 8 JUMPS

**60-90 SECS** 90-120 SECS 90 SFCS 90-120 SECS

**REST** 

**REST** 

# DAY 2

DYNAMIC WARM UP

UPHILL SOBATSUMPS **CLAP PUSH UP V-UP TOE TOUCHES MED BALL TWISTS COOL DOWN** 

ETS		

**4 SETS** 2 SETS 3 SETS 3 SETS

20 METERS **10 PUSHUPS 15 V-UPS** 

30 SECS

**50 SECS 60 SECS 60 SECS** 

# DAY 3

**BODY HOLS (3 WAYS)** 

SIDE CRUNCHES LEG RAISES **SUPERMANS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

**SETS X REPS** 

3 SETS 3 SETS 3 SETS 3 SETS **REPS** 

**30 SECS EACH** 20 EACH SIDE 15 RAISES **10 SUPERMANS**  REST

30 SECS 1 MIN 45 SECS 2 MINS



# **SHOCK PHASE WEEK 3 WEE** 1

## DAY 4

DYNAMIC WARM UP **AROUND THE SQUARE** 

**TUCK JUMPS HORIZONTAL BOUNDS** 180 SOUAT JUMPS **SPLIT JUMPS COOL DOWN** 

#### **SETS**

3 SETS 2 SETS 3 SETS 3 SETS 3 SETS

**REPS** 

**4 FULL ROTATIONS** 10-12 JUMPS **15 EACH SIDE** 10 JUMPS 12 JUMPS

REST

60-90 SECS 90-120 SECS 90-120 SECS 60-90 SECS 90-120 SECS

### DAY 5

DYNAMIC WARM UP LATERAL HIGH JUMPS **DEPTH JUMP (BOTH FEET)** SINGLE LEG BOX JUMPS **SEATED BOX JUMPS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL) **COOL DOWN** 

SETS

3 SETS 3 SETS 2 SETS 3 SETS

**REPS** 

20 JUMPS 8 JUMPS **8 EACH LEG** 8 JUMPS

REST

60-90 SECS 90-120 SECS 90 SECS 90-120 SECS

### DAY 6

#### RECOVERY

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

### **DAY 7**

DYNAMIC WARM UP **UPHILL SPRINTS UPHILL SQUAT JUMPS CLAP PUSH UP V-UP TOE TOUCHES MED BALL TWISTS COOL DOWN** 

**SETS** 

4 SETS 3 SETS 2 SETS 3 SETS 3 SETS **REPS** 

**20 METERS** 15 JUMPS **10 PUSHUPS 15 V-UPS** 30 SECS

**REST** 

**120 SECS** 90 SECS **50 SECS 60 SECS 60 SECS** 



# SHOCK PHASE WEEK 4 WEE 1

### DAY 1

RECOVERY

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

## DAY 2

DYNAMIC WARM UP **AROUND THE SQUARE TUCK JUMPS HORIZONTAL BOUNDS 180 SOUAT JUMPS SPLIT JUMPS** COOL DOWN

**SETS REPS** REST 3 SETS 60-90 SECS **4 FULL ROTATIONS** 90-120 SECS 2 SETS 10-12 JUMPS 15 EACH SIDE 90-120 SECS 3 SETS 10 JUMPS 60-90 SECS 3 SETS 12 JUMPS 90-120 SECS 3 SETS

**LATERAL HIGH JUMPS** DEPTH JUMP (BOTH FEET) SINGLE LEG BOX JUMPS **SEATED BOX JUMPS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL) **COOL DOWN** 

**SETS** 

3 SETS 3 SETS 2 SETS 3 SETS

<u>Reps</u>

20 JUMPS 8 JUMPS **8 EACH LEG** 8 JUMPS

REST

60-90 SECS 90-120 SECS **90 SECS** 90-120 SECS

# DAY 4

**BODY HOLDS (3 WAYS) SIDE CRUNCHES LEG RAISES SUPERMANS** 

**SETS X REPS** 

3 SETS 3 SETS 3 SETS 3 SETS

**REPS** 

**30 SECS EACH 20 EACH SIDE** 15 RAISES **10 SUPERMANS**  **RFST** 

**30 SECS** 1 MIN **45 SECS** 2 MINS



# **SHOCK PHASE WEEK 4 WEE** 1

# DAY 5

**DYNAMIC WARM UP UPHILL SPRINTS UPHILL SQUAT JUMPS CLAP PUSH UP V-UP TOE TOUCHES MED BALL TWISTS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

# **COOL DOWN**

DYNAMIC WARM UP **AROUND THE SQUARE TUCK JUMPS HORIZONTAL BOUNDS 180 SQUAT JUMPS SPLIT JUMPS COOL DOWN** 

<u>SETS</u>	
	4 SETS
	3 SETS
	2 SETS
	3 SETS
	3 SETS

REPS	
	20 METERS
	16 PUSAGPS
	15 V-UPS
	30 SECS

REST
100.0500
120 SECS
99 SEES
60 SECS
000=00
60 SECS

# DAY 6

<u>2F12</u>	
	3 SETS
	2 SETS
	3 SETS
	3 SETS
	3 SETS

CETC

4 FULL ROTATIONS 10-12 JUMPS
15 EACH SIDE 10 JUMPS
12 JUMPS

**REPS** 

**60-90 SECS** 90-120 SECS 90-120 SECS 60-90 SECS 90-120 SECS

REST

# DAY 7

**RECOVERY** 



# **SHOCK PHASE WEEK 5 WEE** 1

## DAY 1

**DYNAMIC WARM UP LATERAL HIGH JUMPS DEPTH JUMP (BOTH FEET)** SINGLE LEG BOX JUMPS **SEATED BOX JUMPS COOL DOWN** 

SETS	REPS	REST
3 SETS	20 JUMPS	60-90 SECS
3 SETS	8 JUMPS	90-120 SECS
2 SETS	8 EACH LEG	90 SECS
3 SETS	8 JUMPS	90-120 SECS

### DAY 2

**RECOVERY** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

DAY 3 DYNAMIC WARM UP **UPHILL SPRINTS UPHILL SQUAT JUMPS CLAP PUSH UP V-UP TOE TOUCHES MED BALL TWISTS COOL DOWN** 

SETS	REPS	REST
4 SETS 3 SETS 2 SETS 3 SETS 3 SETS	20 METERS 15 JUMPS 10 PUSHUPS 15 V-UPS 30 SECS	120 SECS 90 SECS 50 SECS 60 SECS 60 SECS

**REPS** 

DAY 4

**BODY HOLDS (3 WAYS) SIDE CRUNCHES LEG RAISES SUPERMANS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

**SETS X REPS** 3 SETS 3 SETS 3 SETS 3 SETS

**30 SECS EACH 20 EACH SIDE 15 RAISES 10 SUPERMANS**  30 SECS 1 MIN **45 SECS** 2 MINS

**REST** 



# SHOCK PHASE WEEK 5 WEE 1

**REPS** 

# **DAY 5**

**DYNAMIC WARM UP AROUND THE SQUARE TUCK JUMPS HORIZONTAL BOUNDS** 180 SQUAT JUMPS **SPLIT JUMPS COOL DOWN** 

<u>SETS</u>	
	3 SETS
	2 SETS
	3 SETS
	3 SETS
	3 SETS

4 FULL ROTATION 10-12 JUMPS	
15 EACH SIDE 10 JUMPS 12 JUMPS	

60-90 SECS
90-120 SECS
90-120 SECS 60-90 SECS
60-90 SECS
90-120 SECS

**REST** 

# DAY 6

**RECOVERY** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

# **DAY 7**

**RECOVERY** 



# **SHOCK PHASE WEEK 6 WEE** 1

## DAY 1

**DYNAMIC WARM UP LATERAL HIGH JUMPS** DEPTH JUMP (BOTH FEET)

SINGLE LEG BOX JUMPS **SEATED BOX JUMPS COOL DOWN** 

REPS
20 JUMPS 8 Jumps
8 EACH LEG 8 JUMPS

REST 60-90 SECS 90-120 SECS 90 SECS 90-120 SECS

### DAY 2

**RECOVERY** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

DAY 3

DYNAMIC WARM UP **UPHILL SPRINTS UPHILL SQUAT JUMPS CLAP PUSH UP V-UP TOE TOUCHES MED BALL TWISTS COOL DOWN** 

SETS	REPS	REST
4 SETS 3 SETS 2 SETS 3 SETS 3 SETS	20 METERS 15 JUMPS 10 PUSHUPS 15 V-UPS 30 SECS	120 SECS 90 SECS 50 SECS 60 SECS 60 SECS

**REPS** 

DAY 4

**BODY HOLDS (3 WAYS) SIDE CRUNCHES LEG RAISES SUPERMANS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

<del>/2E12/</del>	( KEPS	
	3 SETS	
	9 9E19	
	3 SETS	
	OOLIO	
	3 SETS	
	2 CETC	
	3 SETS	

**30 SECS EACH 20 EACH SIDE** 15 RAISES **10 SUPERMANS**  30 SECS 1 MIN **45 SECS** 2 MINS

**REST** 



# SHOCK PHASE WEEK 6 WEE 1

**REPS** 

# **DAY 5**

**DYNAMIC WARM UP AROUND THE SQUARE TUCK JUMPS** HORIZONTAL BOUNDS 180 SQUAT JUMPS **SPLIT JUMPS COOL DOWN** 

<u>SETS</u>	
	3 SETS
	2 SETS
	3 SETS 3 SETS
	3 SETS

4 FULL ROTATIONS 10-12 JUMPS
15 EACH SIDE 10 Jumps 12 Jumps

60-90 SECS
90-120 SECS
90-120 SECS
60-90 SECS
90-120 SECS

**REST** 

## DAY 6

**RECOVERY** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

# **DAY 7**

**RECOVERY** 



# **SHOCK PHASE WEEK 7 WEE** 1

### DAY 1

#### **RECOVERY**

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

# DAY 2

**DYNAMIC WARM UP AROUND THE SQUARE TUCK JUMPS HORIZONTAL BOUNDS 180 SQUAT JUMPS SPLIT JUMPS COOL DOWN** 

**SETS** 3 SETS 2 SETS 3 SETS 3 SETS 3 SETS

**4 FULL ROTATIONS** 10-12 JUMPS 15 EACH SIDE 10 JUMPS 12 JUMPS

**60-90 SECS** 90-120 SECS 90-120 SECS **60-90 SECS** 90-120 SECS

DAY 3

DYNAMIC WARM UP **LATERAL HIGH JUMPS** DEPTH JUMP (BOTH FEET) SINGLE LEG BOX JUMPS **SEATED BOX JUMPS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL) **COOL DOWN** 

**SETS** 

3 SETS 3 SETS 2 SETS 3 SETS

**REPS** 

**REPS** 

20 JUMPS 8 JUMPS **8 EACH LEG** 8 JUMPS

**REST** 

**REST** 

**60-90 SECS** 90-120 SECS 90 SECS 90-120 SECS

# DAY 4

**BODY HOLDS (3 WAYS) SIDE CRUNCHES LEG RAISES SUPERMANS** 

**SETS X REPS** 

3 SETS 3 SETS 3 SETS 3 SETS **REPS** 

**30 SECS EACH 20 EACH SIDE 15 RAISES 10 SUPERMANS**  **REST** 

**30 SECS** 1 MIN 45 SECS 2 MINS



# SHOCK PHASE WEEK 7 WEE 1

## DAY 5

**DYNAMIC WARM UP UPHILL SPRINTS UPHILL SQUAT JUMPS** 

**CLAP PUSH UP V-UP TOE TOUCHES MED BALL TWISTS** 

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

**COOL DOWN** 

<u>SETS</u>		
	4 SETS	
	3 SETS	
	2 SETS	
	3 SETS 3 SETS	
	9 9519	

REPS		
	<b>20 METERS</b>	
	15 JUMPS	
	10 PUSHUPS 15 V-UPS	
	30 SECS	

E91
<b>120 SECS</b>
90 SECS
30 3L03
50 SECS 60 SECS
60 SECS
60 SECS

# DAY 6

**DYNAMIC WARM UP AROUND THE SQUARE TUCK JUMPS** 

HORIZONTAL BOUNDS **SPLIT JUMPS COOL DOWN** 

SETS	
	o eete
	3 SETS
	2 SETS
	3 SETS
	3 SETS
	2 SETS 3 SETS

4 FULL ROTATIONS 10-12 JUMPS
15 EACH SIDE 10 JUMPS 12 JUMPS

**REPS** 

60-90 SECS 90-120 SECS
90-120 SECS 90-120 SECS

**REST** 

# **DAY 7**

**RECOVERY**