

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

DAY 3

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 4

BODY HOLDS (3 WAYS)
SIDE CRUNCHES
LEG RAISES
SUPERMANS

*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

SETS	REPS	REST
3 SETS	30 SECS EACH	30 SECS
3 SETS	20 EACH SIDE	1 MIN
3 SETS	15 RAISES	45 SECS
3 SETS	10 SUPERMANS	2 MIN

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

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

DAY 6

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

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

DAY 7

RECOVERY
 *THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

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

DAY 2

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

DAY 3

BODY HOLDS (3 WAYS)
 SIDE CRUNCHES
 LEG RAISES
 SUPERMANS
 *THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

SETS X REPS	REPS	REST
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

DAY 4

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

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

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

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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

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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

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REPS

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REST

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