

## DAY 1

DYNAMIC WARM UP  
AROUND THE SQUARE

TUCK JUMPS

HORIZONTAL BOUNDS

180 SQUAT JUMPS

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

COOL DOWN

SETS

3 SETS

2 SETS

3 SETS

3 SETS

REPS

4 FULL ROTATIONS

10 JUMPS

15 EACH SIDE

10 JUMPS

REST

90 SECS

120 SECS

120 SECS

90 SECS

## DAY 2

DYNAMIC WARM UP

LATERAL HIGH JUMPS

DEPTH JUMP (BOTH FEET)

SINGLE LEG BOX JUMPS

SEATED BOX JUMPS

COOL DOWN

SETS

3 SETS

3 SETS

2 SETS

3 SETS

REPS

20 JUMPS

8 JUMPS

8 EACH LEG

8 JUMPS

REST

90 SECS

120 SECS

90 SECS

120 SECS

## DAY 3

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

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

## DAY 4

RECOVERY

## DAY 5

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

\*THINCPRO JUMP LIKE JUSTIN WORKOUT (OPTIONAL)

COOL DOWN

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

## DAY 6

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	90 SECS
3 SETS	8 JUMPS	120 SECS
2 SETS	8 EACH LEG	90 SECS
3 SETS	8 JUMPS	120 SECS

## DAY 7

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

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