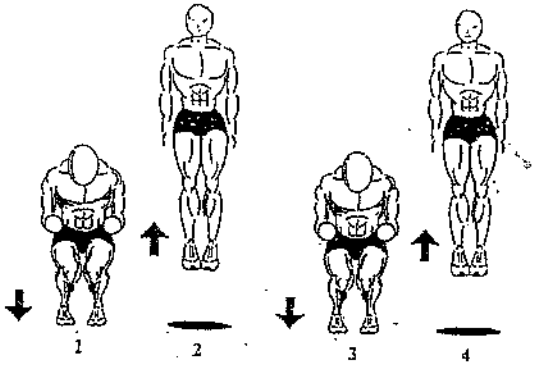
without the rope



Step 1: -When beginning, bend down to a 1/4 squat position with your hands out in front of you and jump up-

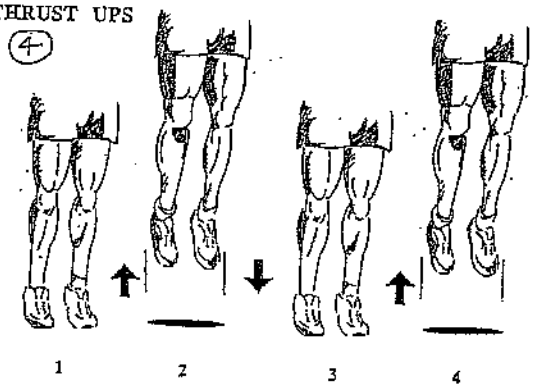
Step 2: -Jump up into the air to a minimum of 8 to 10 inches. (You may jump 10 to 12 inches if this is too easy). When in the air, your hands should be back by your side. When you land, this completes 1 repetition-

Step 3: -Same as step 1. Step 3 begins repetition 2-

Step 4: -Same as step 2-

Rest about 3 to 4 minutes in between sets.

THRUST UPS (4)



Step 1: -Begin with your legs straight-

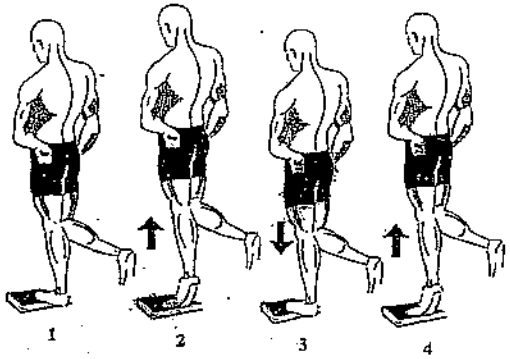
Step 2: -Thrust (or bounce) yourself up as high as you possibly can-

Step 3: -The split second that you hit the ground, thrust back up as high as you can trying not to bend your legs. It is helpful to use your arms to throw yourself back up into the air-

Rest about 1 minute in between sets.

• JUMP PROGRAMME

CALF RAISES (2)



Step 1: -Your starting position will be with the heel below the book or stair step rested on by your entire body-

Step 2: -Raise yourself as high up as you can with only the one calf-

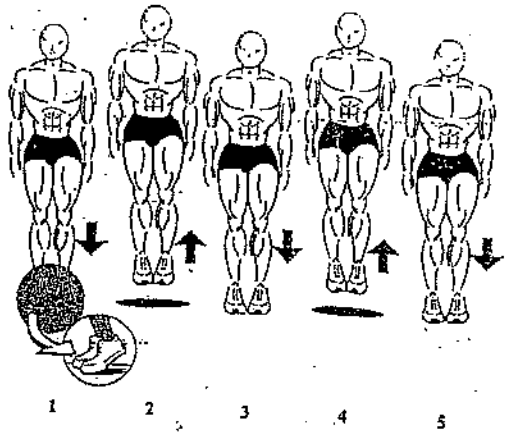
Step 3: -Lower your body back to the original, starting position. This completes 1 repetition-

Step 4: -Begin second repetition-

Rest about 25 seconds in between sets.

(2) Note: You will do 2 sets per calf muscle (or per leg). This will total 4 sets, 2 with the left leg and 2 with the right leg.

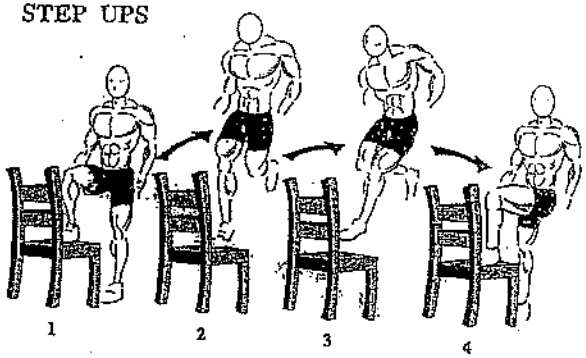
BURN OUTS (5)



Step 1: -Elevate as high as you possibly can on your tiptoes to assure that you work the high end of your calves-

Steps 2 - 5: -As quickly as you possibly can, jump repeatedly no more than 1/2 to 1 inch off of the ground making sure to keep yourself elevated as high on your tiptoes as possible ensuring that you are working the upper calf muscles-

(3) STEP UPS



Step 1: -Begin with one thigh on the chair parallel to the ground-

Step 2: -With all of your strength, push off of the elevated leg and leap off of the chair as high as you can-

Step 3: -Crisscross or switch your legs in the air-

Step 4: -Land with the opposite leg elevated in the chair as in step 1. Repeat the procedure until you are back to step 1. This completes 1 repetition-

Rest about 3 to 4 minutes in between sets.

Week	Date	Leap Ups		Calf Raises		Step Ups		Thrust Ups		Burn Outs	
		Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1	11/1/02	2	25	2	10	2	10	2	15	1	100
2		1	50	2	20	2	15	2	20	1	200
3		1	75	2	25	2	15	2	25	1	300
4		1	75	2	30	2	20	2	30	1	400
5		2	50	2	35	2	20	2	35	1	500
6		1	100	2	40	2	25	2	40	1	600
7		1	125	2	45	2	25	2	50	1	700
8		2	75	2	50	2	30	2	60	1	800
9		2	100	2	55	2	30	2	70	1	900
10		2	125	2	60	2	35	2	80	1	1000
11		2	150	2	65	2	35	2	90	1	1100
12		2	200	2	70	2	40	2	100	1	1200

** Note: You will do all 5 exercises on each day of the week (Monday thru Friday). Do not make a mistake and do 1 on Monday, the other on Tuesday and so on. **