



PRE-SHOCK PHASE WEEK 1

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