

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

SETS	REPS	REST