

Two Week Vertical Challenge

Day 1 – 10 power jacks//5 broad jumps//10 knee tuck jumps

Day 2 – 15 power jacks//8 broad jumps//12 knee tuck jumps

Day 3 – 20 power jacks//10 broad jumps//15 knee tuck jumps

Day 4 – Jump rope for 60 seconds. Repeat 3 times.

Day 5 – 25 power jacks//12 broad jumps//18 knee tuck jumps

Day 6 – 30 power jacks//15 broad jumps//20 knee tuck jumps

Day 7 – 35 power jacks//18 broad jumps//22 knee tuck jumps

Day 8 – Do 15 burpees. Repeat 3 times.

Day 9 – 40 power jacks//20 broad jumps//25 knee tuck jumps

Day 10 – 10 power jacks//22 broad jumps//28 knee tuck jumps

Day 11 – 45 power jacks//25 broad jumps//30 knee tuck jumps

Day 12 – Do 20 single leg calf raises, 20 mountain climbers, and 20 squats. Repeat 3 times.

Day 13 – 50 power jacks//28 broad jumps//35 knee tuck jumps

Day 14 – 55 power jacks//30 broad jumps//40 knee tuck jumps

Other exercises to increase your vertical: Jumping rope, Mountain climbers, Ladders, Squats, Squat jumps, Lateral jumps, Tuck jumps, Box jumps, Depth jumps, Burpees, Jumping lunges