



# Jump Workout

Go to PKTrainings.com for a video explanation of this workout!

PKTrainings.com

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Length: 30-45 minutes

### Routine and exercises:

- Warm up
- Exercises

Squat Jump, Trampoline Jump, Bound & Bounce, Lunge Jump, Two-Step Jump

- Cool down

### Important Reminders & Recommendations:

- Do the jump workout 3 times per week
- Always do 2-4 sets
- Increase your total reps over time
- Keep a running log of your workouts and progress
- Always give maximum effort and never skip a workout

Start Date: \_\_\_ / \_\_\_ / \_\_\_\_

Improvement Log	Squat Jump	Trampoline Jump	Bound & Bounce	Lunge Jump	Two-Step Jump
Week 1	2 x 10 (20)	2 x 10 (20)	2 x 10 (20)	2 x 10 (20)	2 x 10 (20)
Week 2	3 x 10 (30)	3 x 10 (30)	3 x 10 (30)	3 x 10 (30)	3 x 10 (30)
Week 3	2 x 15 (30)	2 x 15 (30)	2 x 15 (30)	2 x 15 (30)	2 x 15 (30)
Week 4	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 5	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 6	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 7	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 8	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 9	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 10	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 11	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )
Week 12	__x__( )	__x__( )	__x__( )	__x__( )	__x__( )