

Thibarmy - Get Vertical Program

GET IN YOUR BEST SHAPE BY DOING THINGS OUTSIDE THE BOX!

The vertical jump is to the world of sport what the bench press is to bodybuilders. This plan is slightly different because it doesn't use the Omni-Contraction Training System; instead, it uses a "physical qualities" training split. It's a whole-body approach, four days per week, and each day train one specific physical quality involved in power production.

So we have strength-speed days, strength days, speed-strength days, and strength accentuation days (getting stronger in the particular range of motion that we need to perform). It's how I like to train athletes in the last portion of their off-season, and it always leads to stellar results.

This program will give all of that to you.
















BE READY!

I often get asked about how to improve vertical jumping. Of course, this program is my answer. However, please don't mistake seeing this plan exclusively as a way to jack up your vert; it is a complete athletic performance program. It will get you faster, stronger, and, of course, make you jump a lot higher!

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ARE YOU READY?

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