

# JUMP MANUAL WORKOUT SCHEDULE

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## Army Physical Training Manual

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## By Taylor Allan & Jacob Hillerthe Jump Manual

this is our main lifting workout, described later on in this manual. we will do various ... training program, simply choose one lift from each category, and stick ...

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## Program Designed For Improvement In Vertical Jump Height

program is to improve the vertical jump ability in a collegiate level volleyball ... therefore, this program will also include exercises that strengthen the upper.

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during the off season after you complete the 8 week jumpssolesâ,,ç program, ... clude plyometric training, strength training, and stretching. jump- solesâ,,ç will work ...

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