

This is a proven 30-day program to increase your explosion, vertical & speed. Increase your vertical, become more explosive, lower your 40 Time in 30 days.

Equipment needed (if you do not have access to a type of equipment, skip those exercises or do them without the weight or band)

- Medicine Ball
- Sprint Sled
- Olympic Weight Rack
- Sling Shot (24' Sprint Cord)
- Cones/Pylons – 6
- Exercise Ball (55 cm)
- JC Band (Blue/Heavy Resistance)
- Agility Ladder
- Jump Rope

If you are unclear on any exercise, you can find the sample video by typing in the exercise name on YouTube.

Hope you enjoy!

Dynamic Warm Up

- Before each workout a dynamic warm-up should be conducted. This warm-up is as follows:
- Place two cones 15 yards apart
- 5 min. Jog
- High Knees
- Walking Pull Knee to Chest
- Butt Kicks
- Opposite Arm/Leg Kick (kick to eye level)
- Walking Lunge
- Reverse Lunge
- Side Shuffle (Slow, stay low)
- Carioca
- Stretch

Day 1 - Testing

- Dynamic Warmup

Test the following:

- Height
- Weight
- Body Fat %
- 10 Yard
- 20 Yard
- 40 Yard
- Vertical Jump
- Broad Jump
- Flexibility

Day 2 - Strength & Power

- Dynamic Warm-Up
- Power High Pulls 4 x 6
- Bodyweight Squat Jumps 4 x 8
- Split Squat Jumps 4 x 12
- Front Squats 4 x 8
- Deadlift 4 x 8
- Hamstring Curl On Ball 3 x 15
- Low back Extension on Ball 3 x 20
- Reverse Hyperextension 3 x 20
- Abs Med Ball Rotary Twist 3 x 40
- Abs Bicycle Crunches 3 x 40
- Half gassers – 6 reps (Under 17 sec. 45 sec. rest)
- Stretch

Day 3 - Speed

- Dynamic Warm-Up
- Agility Ladder (Following Patterns length of ladder and back: High Knees 2 in each, High Knees Sideways 2 in each, Front Crossover, Ickey Shuffle Forward, Ickey Shuffle Backward)
- Lean Fall Run 4 x 15 yards
- Resisted Sled Start Technique Explosions 15 yards 6 reps
- Resisted Sled Back Pedal Explosion 15 Yards 6 reps
- Overspeed Sling Shot Pulls 30 Yards (From 40 Stance) 4 reps
- 40 yard sprints 4 reps – 3 min in between
- Stretch

Day 4 - Strength

- Dynamic Warm Up
- Med Ball Chest passes against wall 4 x 10
- Bench Press 4 x 8
- Dips 3 x 10
- Chin Ups 4 x Fatigue
- One Arm Row 3 x 8 (each arm)
- Weighted Arm Swings 3 x 30 Swings
- 1A. Abs – V Sits 3 x 20
- 1B. Abs – Med ball sit up with toss 3 x 20
- 2A. Low Back Pelvic Thrust on ball 3 x 20
- 2B. Opposite arm leg raise on ball 3 x 20
- Half Gassers – 6 reps (Under 17 sec. 45 sec. rest)
- Stretch

Day 5 - Speed

- Dynamic Warm Up
- Home Run's (leg Turnover) 3 x 8 each leg
- Acceleration Sprints 50 yards 3 reps
- Flying 20's 4 reps
- Gears 20 yard bursts 4 x length of field
- 20 Yard Starts 4 reps - 2 min. rest
- 40 Yard Sprints 4 reps – 2 min. rest
- Stretch

Day 6 - Functional

- Dynamic Warm Up
- Single Leg Runner 3 x 12 each leg
- Walking Lunge with Med Ball Twist 3 x 20
- Chest Protocol with Band (20 Push Ups, alternating feet 10 alternating presses, switch feet 10 alternating presses, 20 double arm presses, 10 push ups) 3 sets
- Band Reverse Wood chopper 3 x 20 each side
- Stretch

Day 7

- **REST!**

Day 8 - Strength

- Dynamic Warm Up
- Squat Jumps 4x 10
- Tuck Jumps 4 x 10
- Back Squats 4 x 8
- Step Ups 3 x 8 each leg
- Walking lunges with weight 3 x 8 each leg
- Romanian Deadlift 3 x 10
- Stretch

Day 9 - Speed

- Dynamic Warm-Up
- Agility Ladder (Following Patterns length of ladder and back: High Knees 2 in each, High Knees Sideways 2 in each, Front Crossover, Ickey Shuffle Forward, Ickey Shuffle Backward)
- Lean Fall Run 4 x 15 yards
- Decline Sprints (7 deg. Decline or less) 6 x 30-40 yards
- Overspeed Sling Shot Pulls 30 Yards (From 40 Stance) 5 reps
- 60 yard Tempo Run (80% Focus on Sprinting Technique) 4 reps – 2 min in between
- Stretch

Day 10 - Strength

- Dynamic Warm up
- Hang Cleans 4 x 4
- Single Arm Med ball Chest Passes 3 x 8 Each Arm
- Bench Press 4 x 10
- Incline Press 3 x 10
- Standing Alternating DB Shoulder Press 3 x 8 Each Arm
- Lateral Raise 3 x 10
- Pull Ups 3 x Fatigue
- Bent Over Alternating One Arm Row 3 x 8 Each Arm
- 1A. Abs- Jack knives on Ball 3 x 20 (FAST)
- 1B. Abs – Med Ball Toe Touches 3 x 40
- 2A. Low Back – Opposite Arm/Leg Raise 3 x 20
- 2B. Low Back – Back Extension on Ball with Over Head Med Ball Press 3 x 20
- Stretch

Day 11 - Speed

- Dynamic Warm Up
- 60 Yard Tempo Run – 4 reps (walk back)
- Agility Ladder (Following Patterns length of ladder and back: High Knees 2 in each, High Knees Sideways 2 in each, Front Crossover, Ickey Shuffle Forward,
- Ickey Shuffle Backward, One leg in/out facing, One leg in/out sideways)
- Resisted Sled Start Technique Explosions 15 yards 6 reps
- Resisted Back Pedal Explosions 15 Yards 6 reps
- Over Speed Sling Shot Starts 20 Yards from 40 stance – 5 reps
- 40 Sprint All Out – 4 reps
- Stretch

Day 12 - Power

- Dynamic Warm Up
- Skip Rope Single Leg 6 x 30 sec. each leg
- Double Leg Broad jumps 3 x 8 repetitive explosive jumps
- Squat Jumps 4 x 8 (bodyweight)
- Tuck Jumps 4 x 8
- Split Squat Jumps 4 x 8 each leg
- Med ball chest passes 4 x 10
- Explosive Med Ball overhead throw/Wood Chopper against wall 4 x 10
- Stretch

Day 13 - Functional

- Dynamic Warm Up
- Single Leg Cone Touches 3 x 10 each leg
- Single Leg Hamstring Curl On Ball 4 x 10
- Stability push ups 3 x 8 each side
- Crossover single leg squat 3 x 10 each leg
- Single Leg Runner 3 x 10 each leg
- Flexibility Protocol
- Half Gassers – 5 reps (Under 17 sec. 45 sec. rest)
- Stretch

Day 14

• REST!

Day 15 - Speed

- Dynamic Warm Up
- Agility Ladder (Following Patterns length of ladder and back: High Knees 2 in each, High Knees Sideways 2 in each, Front Crossover, Ickey Shuffle Forward,
- Ickey Shuffle Backward, One leg in/out facing, One leg in/out sideways)
- Lean Fall Run – 20 Yards – 6 reps
- Decline (<7%) or Wind at Back 30 Yard Sprints (focus on stride length) 5 reps
- Acceleration Sled Pulls – 25 yards – 6 reps
- 60 Yard Tempo Run – 6 reps – focus on stride length (walk back)
- Stretch

Day 16 - Power

- Dynamic Warm Up
- Explosive Med Ball Chest Passes 3 x 10
- Explosive Over head Med Ball throws 4 x 8
- Single Leg Plyometric Hops 4 x 8 Each Leg
- Squat Jumps with Med Ball Behind Head 4 x 8
- Repeated Broad Jumps 3 x 8
- Overhead Wood chop with Med Ball 3 x 10
- Full Gasser – 4 reps (under 36 sec.: 1:15 min. rest)
- Stretch

Day 17 - Strength

- Dynamic Warm Up
- Crossover Single Leg Squat 3 x 10 each leg
- Front Squats 4 x 8
- Deadlift 4 x 6
- Walking Lunges 4 x 8 Each Leg
- Hamstring Curl On Ball 3 x 20 FAST
- Abs – Bicycle Crunches 3 x 50
- Abs – Med Ball Rotary Twist 3 x 40
- Abs – Jackknife On Ball 3 x 20 FAST
- Stretch

Day 18 - Speed

- Dynamic Warm Up
- Skip Rope – Single Leg 6 x 30 sec. Each Leg
- 40 Yard Start – Refine start and exp. out of start position 10 Yards – 5 reps
- Overspeed Sling Shot Pulls – 30 Yards – 6 reps
- Flying 20's – 5 reps
- 40 Yard Sprint – (focus on forward body lean as long as possible) 4 reps
- Stretch

Day 19 - Strength / Power

- Dynamic Warm Up
- Single Arm Med Ball Chest Passes 3 x 8 each arm
- Front Back Explosive Pushups – 3 x 12
- Bench Press 4 x 6
- Chin Ups 3 x Fatigue
- Bent Over Row 4 x 8
- Split Squat Jumps 4 x 8 each leg
- Single Leg Tuck Jumps 3 x 8 each leg
- Low Back Extension on Ball with Overhead Med Ball Press – 3 x 20
- Low Back Reverse Hyperextension on Ball 3 x 20
- Stretch

Day 20 - Functional

- Dynamic Warm Up
- Single Leg Cone Touches 3 x 10 each leg
- Crossover single leg squat 3 x 10 each leg
- Single Leg Runner 3 x 10 each leg
- Half Gasser – 5 reps (Under 17 sec.: 45 sec. rest)
- Stretch

Day 21

- **REST!**

Day 22 - Strength / Power

- Dynamic Warmup
- Hanging High Pulls 4 x 6
- Hang Cleans 4 x 4
- Bodyweight Squat Jumps 4 x 8
- Single Leg Hops 3 x 6 Each Leg
- Front Squats 4 x 6
- Deadlifts 3 x 5
- Single Leg Hamstring Curl On Ball 3 x 8 each leg FAST
- 1C. Abs – Jackknife On Ball 3 x 20 FAST
- 1C. Abs – Jackknife On Ball 3 x 20 FAST 1C. Abs – Jackknife On Ball 3 x 20 FAST
- 1A. Abs – Bicycle Crunches 3 x 50
- 1B. Abs – Med Ball Rotary Twist 3 x 40

Day 23 - Speed

- Dynamic Warmup
- Home Run's (leg Turnover) 3 x 8 each leg
- 60 yard Tempo Run (80% Focus on Sprinting Technique) 4 reps – Walk Back
- Overspeed Sling Shot Pulls 30 Yards (From 40 Stance) 5 reps
- Flying 20's 4 reps
- Gears 20 yard bursts 4 x length of field
- 20 Yard Starts 4 reps – 1.5 min. rest
- 40 Yard Sprints 4 reps – 2 min. rest
- Stretch

Day 24 - Strength

- Dynamic Warmup
- Hanging High Pulls – 4 x 6
- Front & Back Explosive Push Ups - 4 x 12
- Bench Press - 4 x 8
- Dips - 3 x 10
- Chin Ups - 4 x Fatigue
- Bent Over Row - 3 x 8 (each arm)
- Weighted Arm Swings - 3 x 30 Swings
- Abs – Toe Touches 3 x 40
- Abs – V-Sits 3 x 25
- Stretch

Day 25 - Power

- Dynamic Warmup
- Explosive Med Ball Chest Passes 3 x 10
- Explosive Over head Med Ball Throws 4 x 8
- Split Squat Jumps 3 x 6 each leg
- Repeated Broad Jumps 3 x 8
- Overhead Wood Chop with Med Ball 3 x 10
- Low Back Extension on Ball with Overhead Med Ball Press – 3 x 20
- Low Back Reverse Hyperextension on Ball 3 x 20
- Stretch

Day 26 - Speed

- Dynamic Warmup
- Agility Ladder (Following Patterns length of ladder and back: High Knees 2 in each, High Knees Sideways 2 in each, Front Crossover, Ickey Shuffle Forward, Ickey Shuffle Backward, One leg in/out facing, One leg in/out sideways)
- Lean Fall Run – 20 Yards – 6 reps
- Resisted Sled Pulls (Light) 20 Yards (Focus Forward Body Lean) – 5 reps
- Resisted Sled Pulls Backpedal 20 Yards (Focus on extending the Leg) – 5 reps
- Flying 20's – 4 reps
- Gears 20 yard bursts – 4 x field
- Stretch

Day 27 - Functional

- Dynamic Warm Up
- Single Leg Runner 3 x 12 each leg
- Walking Lunge with Med Ball Twist 3 x 20
- Chest Protocol with Band (20 Push Ups, alternating feet 10 alternating presses, switch feet 10 alternating presses, 20 double arm presses, 10 push ups) 3 sets
- Band Reverse Wood chopper 3 x 20 each side
- Stretch

Day 28

- **REST!**

Day 29 - Speed

- Dynamic Warm Up
- 10 Yard Starts – 5 reps
- 30 Yard Accelerations – 4 reps
- 60 Yard Tempo Run (@80%) – 3 reps 2 min rest
- Stretch

Day 30 - Testing

- Dynamic Warm Up
- Testing – Athlete will be tested on the following exercises:
 - Height
 - Weight
 - Body Fat %
 - 10 Yard
 - 20 Yard
 - 40 Yard
 - Vertical Jump
 - Broad Jump
 - Flexibility