



CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

LEAPER CIRCUIT Leg Strength Conditioning Workout

This is a program I got from a guest speaker while working at the Westphal Basketball Camp in Prescott, AZ. The speaker was a 26-year old 5'7" white male named "Sarge". He credited this program for his ability to drop step dunk with two hands. He was also able to jump and extend his elbow above the rim with a running start. He did the program religiously every other day for a year and said he gained 11 inches on his vertical jump.

*NOTE: You will do 1 set of each exercise, then go back and do each set again (i.e. 1, 2, 3, 4 – then repeat)

REMEMBER TO JUMP AS HIGH AS YOU CAN ON EACH JUMP

1. Stand with your feet together and lock your knees so that you will not bend them when you do the exercise. By locking your knees you will isolate the calf muscles only and not use the other muscles involved in jumping.

Raise up on your toes so that your heels are completely off the ground. Begin jumping off the toes as quickly as you can. Remember to jump off the toes only and not to touch your heels to the ground.

Start this exercise with 2 sets of 100 jumps, then increase each week by 25 jumps until you have worked up to 2 sets of 250. Remember to do exercises 2, 3, and 4 before doing your second set of this exercise. Take a 1-2 minute rest before starting the next exercise.

2. Stand with your feet further than shoulder width apart. Bend down and touch the ground with your fingers. It should be just like you are sitting in a chair, bent at the knees with your waist keeping your back straight. Rise up off of your toes so your weight is on your heels.

Now begin to jump off of your heels. By jumping off of your heels, you will now isolate the other three muscles used in jumping. The hamstrings, quadriceps, and buttocks. Do not jump off of your toes or you will be using the calf muscles also.

Start this exercise with 2 sets of 20 jumps, then increase each week by 10 jumps until you have worked up to 2 sets of 150. Remember to do exercises 3 and 4 before doing your second set of this exercise. Take a 1-2 minute rest before starting the next exercise.

3. Stand with your right foot in front of your body and your left foot behind your body. Bend down and touch the ground with your fingers. You will notice that your weight will be on your toes due to the position you are in.

Begin to jump straight up off the ground and switch your legs in the air so that when you land on the ground, your left leg will be in front and your right leg behind you. Make sure that each time you jump and switch legs in the air; you also go all the way down and touch the ground with your fingertips. This exercise when done correctly will bring all four of the jumping muscles into play.

Start this exercise with 2 sets of 20 jumps, then increase each week by 5 jumps until you have worked up to 2 sets of 50. Remember to do exercises 3 and 4 before doing your second set of this exercise. Take a 1-2 minute rest before starting the next exercise.

4. Stand with both feet shoulder width apart. Bend down into a baseball catcher's position with your heels off of the ground. Touch your fingers to the ground between your feet. These are referred to as Frog Jumps.

Begin to jump straight up in the air and each time you jump, raise your hands straight up above your head as if you were reaching for a rebound. Each time you land on the ground, make sure to squat down into the catcher's position and touch your fingers to the ground. Each time you jump up, reach high for the rebound.

Start this exercise with 2 sets of 10 jumps, then increase each week by 5 jumps until you have worked up to 2 sets of 50. Remember to do exercises 3 and 4 before doing your second set of this exercise. Take a 1-2 minute rest after the first set before going back to Exercise 1. Once you have done each exercise twice, you are done.