

Bulldog Sky

Below is the Bulldog Sky workout chart. Follow it precisely, doing the appropriate number of sets and repetitions given. A repetition is completing one motion of an exercise and a set is repeating a repetition continuously a desired number of times to complete a cycle. Perform this workout Monday through Friday. Rest on the weekends.

Do not overwork your muscles by doing too much but do not under work them either by doing too little. Do exactly what is offered. This program is designed to be done at home. If you follow this workout consistently, you **will** see your vertical jump increase substantially.

Bulldog Sky Workout Chart

Week	Date	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1	6/1	1	40	2	8	2	8	2	12	1	40	2	40
2	6/8	1	80	2	16	2	12	2	16	1	80	2	40
3	6/15	1	100	2	20	2	12	2	20	1	120	2	40
4	6/22	1	120	2	24	2	16	2	24	1	160	2	40
5	6/29	2	80	2	28	2	16	2	28	1	200	3	40
6	7/6	2	100	2	32	2	20	2	32	1	240	3	40
7	7/13	2	120	2	36	2	20	2	36	1	280	3	40
8	7/20	2	160	2	40	2	24	2	40	1	320	3	40
9	7/27	2	200	2	44	2	24	2	44	1	360	4	40
10	8/3	2	240	2	48	2	28	2	48	1	400	4	40
11	8/10	3	90	2	52	2	32	2	52	1	440	4	40
12	8/17	3	100	2	56	2	36	2	56	1	480	4	40

CHART YOUR PROGRESS

Given is the Bulldog Sky Progress Chart. During the next 12 weeks, measure and record your progress in the spaces provided.

Measuring your vertical jump is easy. While standing flat-footed, reach high up into the air and, with a piece of chalk or something similar, make a mark on a wall beside you. Next, take a step and jump off both legs hard into the air making another mark, as high as you can reach, above the first mark. Measure the

distance between the two marks. The measurement between the two marks will be your vertical jump. Make about three measurements and record the highest one. You can also use the Vertec at school to measure your jump.

Measure your vertical jump at the beginning of each week. Do this only after you have warmed up and are thoroughly stretched.

You will need to bring this chart with you when we begin practice in August. I want to see the progress you have made throughout the summer. Remember that this is not an optional workout program. I can tell whether or not you did it.

Bulldog Sky Progress Chart

Week	1	2	3	4	5	6	7	8	9	10	11	12
Date	6/1	6/8	6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3	8/10	8/17
Vertical jump												
Push ups												

ACTIVE PARTICIPATION

In order for you to fully develop your jumping and overall athletic skills, you must actively participate in the activity of your choice on a normal and regular basis. You must practice, practice, and practice in order to improve. Since you are all volleyball players and desire to be the best you can be, you need to play and practice regularly to unleash your full jumping and athletic potential.

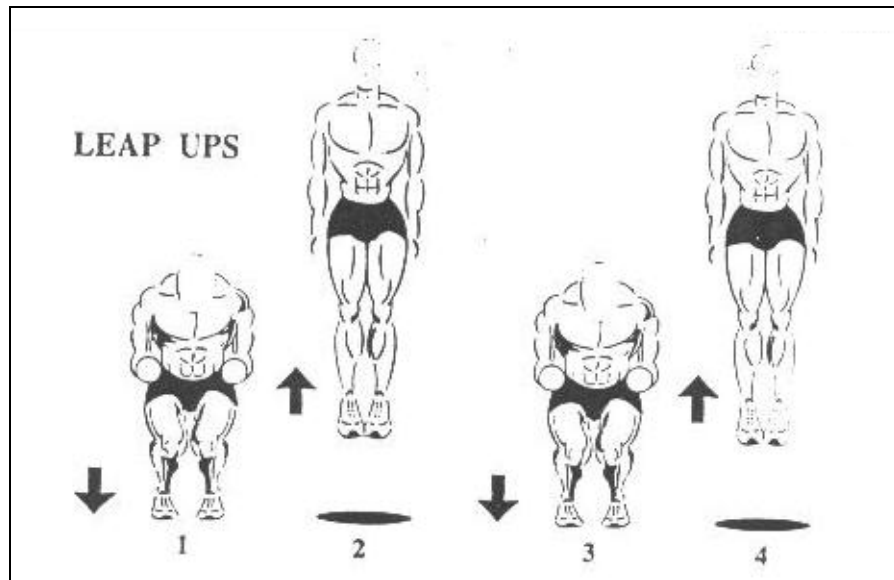
MAINTENANCE

You should begin your workout program immediately. This will allow you to complete the desired 12-week program before we begin playing. Once you complete the program, you can maintain about 95% of your increased vertical jump by repeating week 7, three times per week .

If you wish to try to increase your vertical jump even higher after 10 weeks, simply increase the numbers of repetitions for each exercise per week. Do not increase the number of sets.

Step 1 – Warming up: Do as many stretching exercises as necessary to feel completely warm and ready for your workout. Focus on stretching your quads, hamstrings, and calves.

Step 2 – Leap ups: When jumping, simply keep *your hands by your side* or in front of you for assistance in jumping and follow the procedures that follow.



Step 1: When beginning, bend down to a $\frac{1}{4}$ squat position with your hands out in front of you and jump up.

Step 2: Jump up into the air to a minimum of 10-12 inches. When in the air, your hands should be back by your side. When you land, this completes 1 repetition.

Step 3: Same as step 1. Step 3 begins repetition 2.

Step 4: Same as step 2.

Rest about 3 to 4 minutes in between sets of leap ups. This exercise can be done with a jump rope if you desire.

Step 3 – Calf raises: The calves are the muscles on the lower, back part of your legs. Strong calves are very important for finishing your jump and are important for quick, on the spot jumping. These exercises, which develop each individual calf are extremely basic.

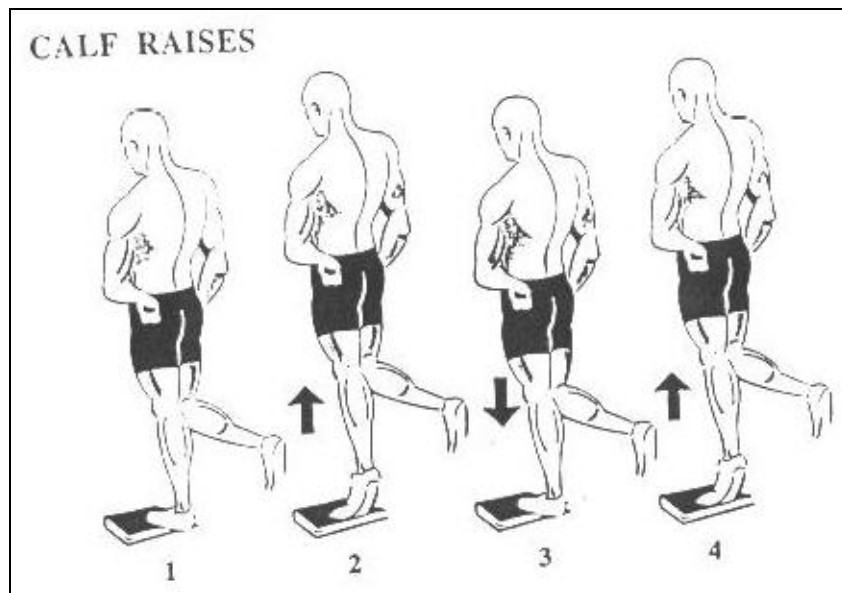
For this exercise you will need a thick book (4"), a cinder block, or a stair step. The stair step is actually the best thing to use. You will also need something to

hold onto to support yourself when doing this. A chair placed in front of you is good. This exercise is to be done one calf at a time.

While standing straight, simply place the ball of one foot (keep the other leg elevated) on the book, block or step and let the heel hang over the edge. Your entire body weight should be resting on the planted foot, which will be stretching your calf downward. (Since you will be standing on one leg, you will need to balance yourself either by holding onto the chair in front of you or by holding on to the stair rails beside you). Next, raise your foot up on your toes as high as you can using only your calf muscle and then lower your foot back down so your heel is below the edge of what you are standing on. You will be back in the original position which you started in. (This complete movement is 1 repetition).

When you complete the repetitions for one calf, simply switch and complete the reps for the other calf.

Rest about 25 seconds in between sets.

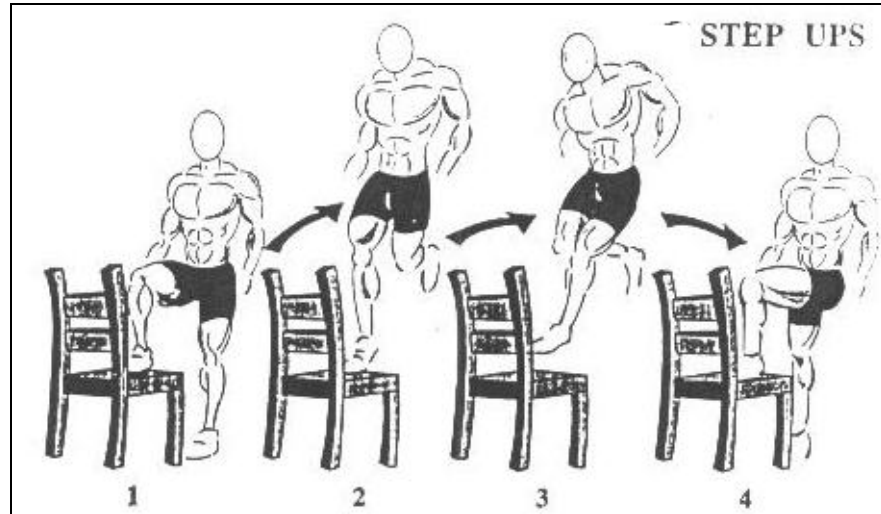


Step 4 – Step-ups: Step-ups are an excellent exercise for strengthening your thighs and are the best technique for developing single leg jumping power. This exercise attacks the muscles in the thighs as does the leap ups, but attacks them at a different angle, thus gaining more training to your legs. You will need a sturdy chair or wooden box for this exercise.

This exercise is to be done basically the way it sounds – by stepping up. To do this exercise, first place the chair in front of you and place one foot on the chair so your thigh is parallel to the ground. You should be in a stepping position with one leg up and one on the floor. Next, push up with the elevated legs hard as you

can so your body and foot actually leaves the chair. While you are in the air, cross or switch your legs so that when you land, the foot that was on the floor is now on the chair and vice versa. When you land, you should be in the same but opposite position as before.

Repeat the same motion with the opposite leg to complete one repetition (you will do 2 step-ups – one for each leg – for each rep). Note: Make sure to push off of only the elevated leg. You should not do any work with the grounded leg. It is simply for support purposes.

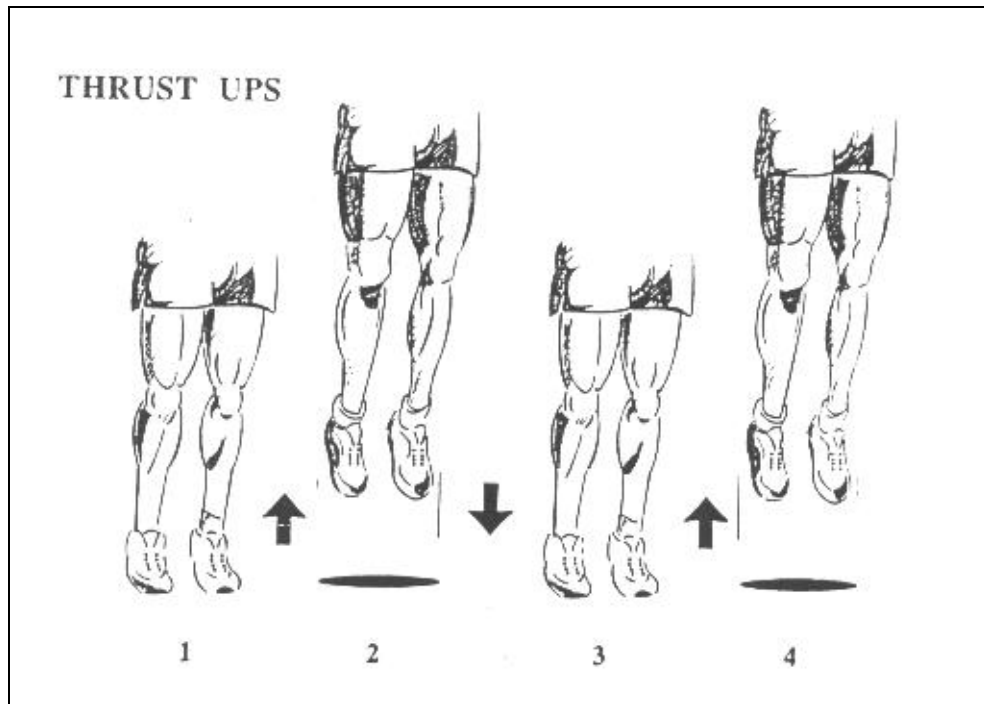


- Step 1: Begin with one thigh on the chair parallel to the ground
- Step 2: With all your strength, push off of the elevated leg and leap off the chair as high as you can.
- Step 3: Crisscross or switch your legs in the air.
- Step 4: Land with the opposite leg elevated in the chair as in step 1. Repeat the procedure until you are back to step 1. This completes 1 repetition.

Step 5 – Thrust ups: Thrust ups are designed primarily to strengthen your calve muscles, however, they also strengthen the sides of your thighs and Achilles tendons which connect your heels to your calf muscles. These exercises are good for quick, repeating jumps; and they will develop quick, explosive jumping power when needed on the spur of the moment.

To do the exercise, simply jump straight up and as soon as, meaning the split second you land (1 rep), thrust (or bounce) yourself back up as hard and as high as you possible can trying to use only your calf muscle. You will be using the muscles on the sides of your thighs as well. When you land, it is important that

you do not allow your legs to bend as you do with leap ups. (They will bend slightly). It is very important that you are back up in the air as high and as quick as possible to get the full effect of the exercise. Bending your legs will help strengthen the front of your thighs, not the sides as the exercise is intended to do.



Step 1: Begin with your legs straight.

Step 2: Thrust or bounce yourself up as high as you possible can.

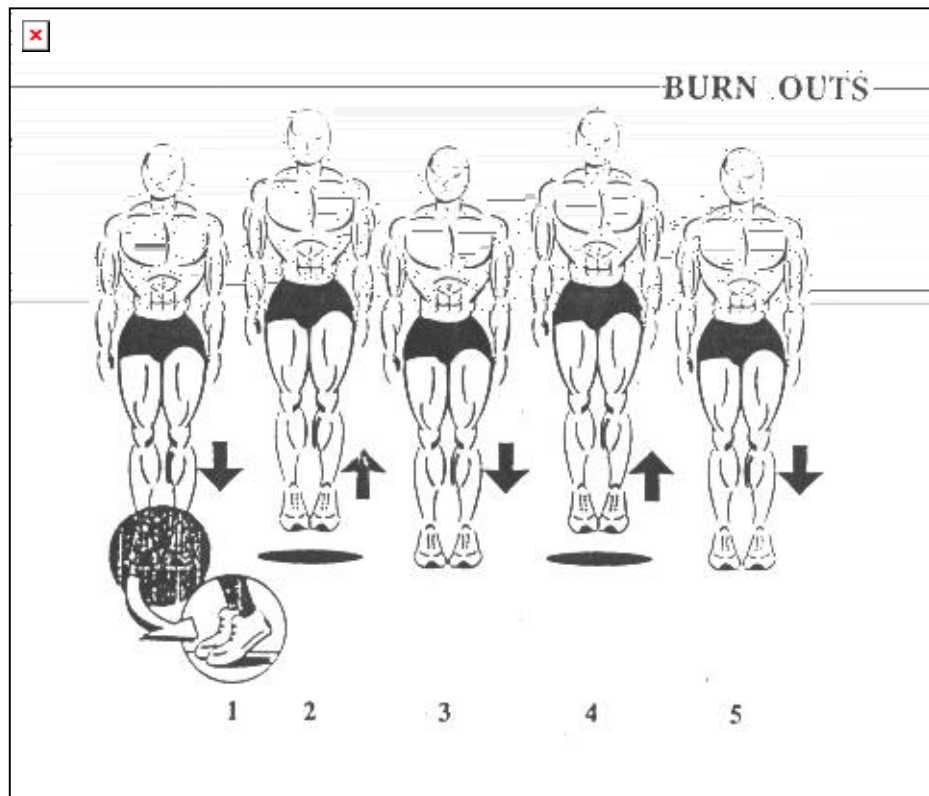
Step 3: The split second that you hit the ground, thrust back up as high as you can trying not to bend your legs. It is helpful to use your arms to throw yourself back up into the air.

Step 6 – Burn outs: Burn outs are quickie type jumps designed to strengthen the high part of your calf muscles. They are also very helpful in strengthening your ankles.

To do the exercise, jump no more than one-half inch off the ground as you during thrust ups. Do not bend your knees. During the exercise, you must be elevated as high on your tiptoes as possible making sure to keep this position during the entire exercise routine.

Repeat this repetition as fast as you possible can remembering not to jump more than $\frac{1}{2}$ inch off the ground. You will feel your calves burn during this exercise.

This exercise can be compared to a boxer quickly jumping rope but without the rope.



Step 1: Elevate as high as you possibly can on your tiptoes to assure that you work the high end of your calves.

Steps 2-5: As quickly as you possible can, jump repeatedly no more that $\frac{1}{2}$ inch off the ground making sure to keep yourself elevated as high on your tiptoes as possible ensuring that you are working the upper calf muscles.

Step 7 – Push ups: This exercise is one that we are doing to strengthen your upper body. When you do pushups, I want you to do what I call “**BURN OUT.**” This means that you do as many pushups as you possible can, until you can absolutely do no more. Keep track of your pushups on the *Bulldog Sky Progress Chart*. For each week, record the highest number of pushups that you did (on a daily basis) during the week. For example, Monday – 15, Tuesday – 17, Wednesday – 20, Thursday – 18, Friday – 19. You would record 20 for the week.

Step 8 – Crunches: Crunches strengthen your abdominal muscles. These are very important muscles for serving, hitting, etc. See the *Bulldog Sky Workout Chart* for the sets and reps.

Step 9 – Cooling down: Cooling down is repeating the stretching exercises you did in the beginning. Remember to thoroughly stretch all the muscle groups listed and to massage the sides and backs of your calves.

OPTIONAL EXERCISES

Bulldog Sky is designed to strengthen your calves and thighs. You must also strengthen your hamstrings, which are support muscles for the thighs, to prevent pulling or straining them when running and jumping. Strong hamstrings also help to prevent knee problems in the future. There are two ways to strengthen these muscles. This first is sprinting and the second is by doing leg curls.

Sprinting: Sprinting or running as hard as you can is a good way to strengthen your hamstrings and an excellent way to increase your speed. Sprinting also strengthens the muscles running through the middle of the thigh which is the part of the thigh that the *Bulldog Sky* program does not work. This muscle is worked when you lift your thigh into your chest. Strengthening this center thigh muscle will also help to prevent knee pain as well.

It is best to do 10 – 50 yard sprints, two times per week. Make sure you sprint as hard as you can making sure to bring your things up as high as possible towards your chest. This form works the center muscle the best.

Leg Curls: For leg curls you will need access to a leg curling machine. To do this exercise, lie flat on your stomach and place your heels underneath the padded cross bar behind you and at a weight that you can do about 10 times, pull your legs towards your buttocks. Do about 4 sets of 10 reps. It is best to do these two times per week also.

Either sprint or do leg curls, but not both.

RESTING IN THE MIDDLE

Sometimes it is very difficult to complete an exercise with a high number of reps for one reason or another. You may be tired that day or you have missed a meal that results in you having a low energy level. If you ever feel that you have to quit in the middle of an exercise because it becomes too difficult, you may do so. As soon as you stop, count to 25 and immediately begin the exercise where you left off.