

SOA 30 Days to Vertical Power

Main points for this workout to be effective.

1. Watch each detailed video to learn the specifics of each movement
2. The little things matter
3. Be explosive on every rep once you have mastered the technique
4. Push the ground or box away, do not just jump!! Create power
5. Eyes on target, that will help balance and control
6. Reps over 4-6 will not produce power, more reps is not better. Explosive reps each time will translate to better performance
7. If at any time you have questions please reach out to us at thesoapodcast@gmail.com we will be glad to help.



Thank you for joining the Strength of America Family
Bob Davis
Strength of America Founder since 1989
University of Nebraska Strength and Speed Coach 1985-89

Bobby Davis
Strength of America trainer and Program Design
CPA Strength and Speed Coach 2015-present

Week 1:

Day 1 & Day 2

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|--|-----------|
| I. Squat | 3x10 reps |
| II. Vertical Jump Series (Set-snap down-jump-snap down) | 3x5 reps |
| III. Rapid Vertical Jump Series (Set-snap/jump/snap on one movement) | 3x5 reps |
| IV. Squat Jump | 3x5 reps |

Week 2:

Day 1

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|--|-------------------|
| I. Rapid Vertical Jump Series (Set-snap/jump/snap on one movement) | 3x5 reps |
| II. Split Squat Jumps | 3x5 reps each leg |
| III. Line Jumps for height | 3x5 reps |

Day 2:

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|--|----------|
| I. Rapid Vertical Jump Series (Set-snap/jump/snap on one movement) | 3x5 reps |
| II. Tuck Jump | 3x5 reps |
| III. Vertical Jump Series-single leg Stick | 3x5 reps |
| IV. Stationary Bound | 3x5 reps |

Week 3:

Day 1

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|----------------------------|--------------------|
| I. Double Squat Jump | 3x5 reps |
| II. Squat Jump Chest Press | 3x5 reps |
| III. Goblet MB Split Squat | 3x5 reps |
| IV. Rim Jumps | 3x5 reps each side |

Day 2

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|--|----------|
| I. Pike Jump | 3x5 reps |
| II. MB Squat Jump to Reactive Chest Pass | 3x5 reps |
| III. Vertical Jump Set-single leg Stick | 3x5 reps |
| IV. MB Goblet Bound (in place) | 3x5 reps |

Week 4:

Day 1

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|--------------------------------|----------|
| I. MB Tuck Jump | 3x5 reps |
| II. MB False Slam Granny Throw | 4x5 reps |
| III. MB Overhead Split Squats | 4x5 reps |

Day 2

- I. Line Hops MB Overhead 3x5 reps
- II. MB Squat Jump Reactive Granny Throw 4x5 reps
- III. Forward Double Squat Jumps 4x5 reps

Bonus Weights for Power

- Squat Weeks 1 and 2, 3x10 reps Week 3-6 4x5 reps
- Push Press Weeks 1-6, 4x5 reps
- Shrug Jump Weeks 1-6, 4x5 reps
- Shrug Pull Weeks 1-3, 4x5 reps
- Hang Clean Weeks 4-6, 4x5 reps