Here is the Explosive Strength Program. In it is virtually everything that came in the package to me. Here is a letter they sent me with the Super Strength Super Fast and the Run Faster Jump Higher manuals.

The Letter

Dear Sam

These programs are not being taught anywhere! I've spoke to hundreds of coaches and trainers over the years, and none of them teach these methods. The same old techniques that are being taught today, at all levels, were being taught 50 years ago! No wonder there is steroid abuse. No one can get stronger or faster with those workouts. Please read the books very carefully. The workouts are very easy, the weights are light, and they only take 5 minutes! You must use a soft mat or sandbox for the jumping exercises, and follow the directions exactly. If a scheduled workout is missed, you need to start over from the beginning! Do not miss a workout!

I recently finished helping a high school wrestler in this area. He has been lifting weights with his team for 4 years. At a bodyweight of 160 pounds, he could only bench press 200 pounds. After my 4-week program, he bench-pressed 290pounds, and after finishing the 8 week program, he benched 315 pounds. I guess you can imagine his excitement! I was pleased, but I see this progress all the time. These are normal gains for this program. He has since told me that he is benching 365 pounds at a bodyweight of 170. His goal is 400 pounds in the next couple of weeks. So, there's no reason you can't go for it and achieve your personal goals! Please be careful and don't let anyone tell you that it won't work.

Wishing you all the best,

Christopher D. McCrane

RUN FASTER JUMP HIGHER BOOK

Improve your explosive power:

An 8 week exercise guide for
sprinting and jumping

By Christopher D. McCrane

CAUTION!

Consult a physician before beginning any exercise program. Explosive training techniques can and may elevate the heart rate very quickly. Never train alone and always train under the supervision of a sports coach or athletic trainer for maximum results.

The following exercises must be done exactly as outlines and in order only! The vertical leap can be increased 4 inches or more in 8 weeks. Don't be surprised if you get at least a half-second or more faster in the 40yd dash. Good luck, train smart, and get plenty of rest!

Introduction

All sports require some sort of explosive power whether it's upper body, lower body, running, jumping, or throwing. Swimmers explode off the starting blocks, diving out over the water as far as possible. If a swimmer was able to dive out over the water beyond half the length of the pool, they would most likely win the race. If a swimmer was able to dive 1 or 2 feet farther than all the other swimmers, they would have a distinct advantage.

Divers use explosive power when diving off the diving boards. Achieving greater heights on their vertical jump allow them to concentrate on re-entry after, after performing their flips and spins. All gymnast, sprinters, hurdlers, javelin throwers, ice dancers, speed skaters, snow skiers, and all track and field athletes use explosive power at sometime during their events. Football, baseball, basketball, and tennis players use explosive power during the entire game. The player who can run faster or jump higher has a distinct advantage over the other players. Olympic style weight lifter use explosive power on order to lift enormous amounts of weight very quickly. They are said to be the most explosive athletes in the world.

It is quite obvious that all of the great athletes in the world, no matter what sport, have either fantastic jumping ability or speed. A basic understanding of how muscles work, and then performing the exercises that overload the muscles, can make an average athlete a great athlete. Imagine what a pro basketball player could do if they did some specific sunning and jumping exercises, and added 12 inches to there vertical leap!

The following exercises are a collection through many years of hard, long training. I participated in many sports in my childhood, high school, and college. I've also been an avid weight lifter and body builder for 20 years. I spent 6 months training with track coaches , and then spent 3 months in Lake Placid, New York, training for the for the Olympics in bobsled.

All the following exercises were collected through many years of locker room talk, coaching techniques, trail and error, common sense, and articles that were available to the general public in many sports magazines. I performed each exercise in random order, over the months, and in times in much pain. This manual was written on what worked for me best, and should be followed exactly until the entire workout is completed. Then, and only then, should the individual adjust the workout for their own personal development.

There are many books on the subject of running faster and jumping higher. I don't claim to be a doctor of sports medicine, or a graduate of any specialty involving the mechanics of running and jumping. I have not, in any way, copied any book or article on the subject. And any accuracy towards any other book or article is coincidence.

Explosive Power

What is explosive power? Explosive power is the muscles ability to generate or absorb as much energy as possible, and then release it as fast as possible. When running and jumping, the legs absorb the force generated by this action, the force is release in the direction needed to propel you forward or upward, acting exactly like I giant spring.

Plyometrics is a term used to describe this action. Your legs can be considered giant springs that absorb energy or become coiled. They spring back, or become uncoiled, in the direction you need it. There are many plyometric exercises that I have come across that can greatly improve your explosive power and speed of a certain movement. You must first develop the strength base before attempting any of these exercises to prevent any possible injuries.

How do we measure explosive power? We can measure explosive power by measuring our vertical leap. The higher we can jump. The more explosive we are. Short distance running is also a good way to measure explosive power. The faster we can run, the more explosive we are. I prefer to measure true explosive power by being measured in the 40yd dash or less. I was timed a standing start at 4.22 seconds in the 40yd dash, but my 100m time is relatively slow, at 11 seconds or so.

Common Sense Behind the Theory of Explosive Power

Let me try to explain again, in a different way, what explosive power is, and how it works. Lets start with Newton's 2nd Law of Physics.

F = M x A Force = Mass x Acceleration

When you are jumping, you Mass(M), or body weight, remains the same during this action. Therefore, in order to achieve more Force, you must increase your acceleration. . Someone weights 180lbs. (M), who wants to double his force. , needs to double his Acceleration.

When you double the Acceleration, you are cutting the time it takes in half. An example of this would be running an 8 minute mile, and then running a 4 minute mile. Running 2x as fast takes half the time.

Let's apply this to jumping. If you were going to try to dunk the basketball, you would have to run toward the basket at full speed, and then convert the forward force into upward force. An explosion takes place in your legs, and you are propelled upward. This conversion, let's say, takes exactly 1 second to complete. Your legs have to absorb the shock of going forward by bending , an eccentric contraction, then your legs have to overcome this force, and convert it into a concentric contraction by straightening out and propelling you upward. If you could convert this same energy into half a second, then your force would be doubled. The half second that you saved would be converted into height, or air time.

Let me explain quickly, three types of contractions that take place during the conversion cycle: Eccentric, Isometric, and Concentric. An eccentric contraction takes place when the muscles undergo a force that is greater than the muscles are exerting. It, therefor "gives" under the force and is stretched or lengthened. So an eccentric(elastic)

contraction is the lengthening of the muscle. An isometric contraction is next. The muscle is contracted, but there is no movement in any direction. Isometric contractions are "isolated," or are not going anywhere. A concentric contraction is last., and occurs when the muscle generates more force than what is acted upon it, and it moves the weight in the opposite direction. In a concentric contraction, the muscle contracts, and becomes shorter.

A good example of an eccentric contraction would be the dropping of a tennis ball and golf ball from the same height. The tension of the golf ball is harder, or stronger, than that of the tennis ball, therefor, it doesn't "give" as much when it hits the floor. It therefore bounces much higher. The stronger your eccentric contraction, the less stretching it will undergo, and the higher you can jump, or the faster you can run.

FORCE = MASS x ACCELERATION

F=180lbs x 2A A is now twice as fast

Force=360lbs.

2 times as fast = half the time
2 times as fast = 8 minutes x ½ the time
2 times as fast = 4 minutes

Run Faster and Jump Higher, Naturally

Stretching and low body fat ratio are the two most important factors that can contribute best toward running faster and jumping higher, naturally.

Stretching incorporates flexibility of the muscle groups by giving them full range of motion. Muscles are able to absorb energy quicker in the eccentric contraction through the entire length of the muscles, and release the energy during the concentric contraction. Gymnast, male and female, are very muscular yet, their flexibility and explosive power is fantastic. Always stretch first.

A low body fat ratio is also critical. If a pro runner has 6% body fat, imagine how much faster he could run if he was to lose 5 pounds of fat and yet keep his explosive strength. He would weight less, and therefor be able to propel his body forward faster.

A 300 lb. Football player runs a 5.0 – second 40yd dash. If he was to lose 20 pounds of body fat and yet maintain his strength, he would be much more effective. He would be much faster, and probably able to run a 4.6 second 40yd dash. If he could do this, I'd' make him a running back.

100% Exertions Needs 48 Hours for 100 % Recovery!

I'm a firm believer that a high intensity, 100% effort workout, is far better than a 90% effort workout, even when the 90% workout is repeated several times.

I can use the example of a runner. If I ran 200 meters in 20 seconds, and I was exhausted to the point where my legs had collapsed, or almost collapsed, this would be

considered a high intensity workout. I personally don't want to train like this because of pain, so I decide to run 100 meters at 90%, or let's say 25 seconds, but I'll do it 3 or 4 times so I can have a longer workout, and of course, experience less pain. Actually, it is better to run all out at 100% effort than it is 20 attempts at 90%! It doesn't matter how many times I run at 90%, or even 95%, because only 100% forces the muscles to overcompensate , to grow, and to get stronger. The only way to prepare for 100% is to train at 100%!

Now, if I weren't so tired the next day, I'd be able to train hard every day, 5 days in a row. STOP! The reason I'm tired is because my body hasn't recovered from this 100% exertion. If I was to run until failure or swim until failure, my muscles would be able to recuperate up to 50% in 3 seconds, but it would take about 48 hours to recuperate 100%. If I was to do another strenuous workout before I recovered, then my muscles wouldn't get the chance to grow. They wouldn't recover to 100% until I got the rest.

I'm a firm believer that in a 3 day a week training schedule. If you were to workout Monday, Wednesday, and Friday, your body would become used to the routine of a workout every other day. You body would then anticipate for another workout and gear up on Sunday, but you would not workout on Sunday. This throws your body into shock, keeping it from becoming used to the weekly routine and falling into a rut.

There is a way to train 5 days a week or more. You must train every other day, 3 days a week, at 100%, and then you would stretch and only work on form, lightly, on the days in between.

LET'S LEARN THE EXERCISES AND GET DOWN TO BUSINESS!

Preconditioning

I'd like to assume that you are already in good condition. If you are or are not in good shape, it is necessary that the following conditioning drills be accomplished before conditioning. I suggest wind sprints, between 30-50 yards , between 5-10 reps or more, with only 30 seconds rest in between done every other day for a week. A sprint called a "suicide sprint" can be done on a basketball court. Run from the base line to the freethrow line and back, to the half court line and back, to the opposite freethrow line and back, and to the opposite baseline and back.

Height Jumping

Height jumping involves the eccentric contraction of the leg muscles by jumping down from different heights. Jumping down from different height incorporates different levels of maximum eccentric contractions. Each level generated maximum tension in the legs and hips by generating forces that are up to 20 times greater than the athlete's own body weight. The higher the height, the greater the force exerted. I suggest landing on a mat of some kind, or in a sand box to prevent any shock to the soles of the feet, ankles, and knee ligaments. The exercises should be executed exactly as follows, even for world-class athletes. The athlete steps off from the following height and lands with a minimum amount of bending in the knees, and without having the knees in a locked position. A

bleacher is excellent for various heights, and is found in gyms at athletic fields all over the world. Light jogging over short distances should follow each set to keep the legs loose from the previous stress, and the sets should be done within one minute of each other. Any soreness in the feet, ankles, knees, hips, should be taken seriously and exercises should be stopped, and anti-inflammatory measures should be taken.

Week 1

Monday – 2 foot height	2 x10
Wednesday – 3 foot height	2x10
Friday – 4 foot height	2x10

Week 2

Monday – 4 foot height	2x10
Wednesday – 5 foot height	2x10
Friday – 6 foot height	2 x 10

Height Jumping With Immediate Take-Off

This exercise involves all 3 muscle contraction and should be done very carefully. The athlete steps off the platform, with minimum knee bending, lands on both feet, and immediately explodes upward by throwing the arms high over the head, reaching as high as possible.

Light jogging should be done between each set with no more than 1 minutes rest between each set. And once again, any soreness in the joints should be taken seriously!

No one should under go any unnecessary stress or exercise on the days between the workout days. Basketball teams should not do any strenuous running and jumping drill. Tennis volleyball, baseball, football, and all other athletes should refrain from any strenuous running drills, to ensure proper rest.

Follow this exercise exactly as outlined.

Week 1

Monday – 2 foot height	2x10
Wednesday – 2 foot height	2x15
Friday – 2 foot height	2x20

Week 2

Monday – 3 foot height	2x10
Wednesday – 3 foot height	2x15
Friday – 3 foot height	2x20

Hopping

Hopping incorporates all 3 contractions also, except now we are going to convert all forces into "forward" movement. Hopping is the closest you can get to actual running, and the forces exerted are far greater. Two-legged hops are performed first, and only when this exercise is mastered can the athlete then perform one-legged hops. Two-legged hops overload the leg muscles, and I consider this a preconditioning for the one-legged hops. One-legged hops overload the legs individually, creating even greater, but equal development. Most people favor one leg or the other when they perform a jump, therefor, equal development enhances a double-leg jump.

I've seen and performed some hopping over chairs and boxes of different heights. This provides variety to the jumping exercises, but I prefer to hop over a measured distance for times, like wind sprints. The athlete should attempt to beat their previous fast time to ensure 100% effort when performing the following program.

Hopping drills over distances can become an exhausting task and make you very clumsy. Tying your shoe laces together during the two-legged hopping drills will help you keep your feet together.

Light jogging between each set, with no more than 1 minute rest in between each set.

Week 1

Monday – 3 sets for time	30yds using 2 legs
Wednesday – 4 sets for time	30yds using 2 legs
Friday – 5 sets for time	30yds using 2 legs

Week 2

Monday – 3 sets for time	60yds using 2 legs
Wednesday – 4 sets for time	60yds using 2 legs
Friday – 5 sets for time	60 yards using 2 legs

Week 3

Monday – 3 sets for time	30yds using 1 leg
Wednesday – 4 sets for time	30yds using 1 leg
Friday – 5 sets for time	30yds using 1 leg

Week4

Monday – 3 sets for time	60yds using 1 leg
Wednesday – 4 sets for time	60yds using 1 leg
Friday – 5 sets for time	60yds using 1 leg

Running Down Hill

Anyone can run downhill faster than they can run the same distance on a flat surface or uphill, it is just common sense. Then why don't coaches have their athletes run down hill as a part of their training? I don't know! Maybe some coaches do make their teams run downhill, but I've never heard or seen it anywhere, and I've never read about it either.

I asked someone the other day what the first thing they would do to make himself run faster is he was to start training. He said he would start up hills and up long stairways. Ten out of ten people would probably say the same thing, but it's not so true. Running upstairs or running up hills shortens the leg muscles and actually makes you run slower when on flat surface. The benefits you will get from running upstairs or up hills is increased strength and endurance, but not explosive strength which is necessary sprinting and jumping.

If you were to find a steep hill or bridge and run down, the first thing you would notice is that running downhill causes you to lose your balance. You, in turn, must slow your ace and lean backwards, so that you won't fall forward, flat on your face. It's hard to train for speed on a hill when your doing somersaults, head first, so let's start near the bottom of the hill instead of the top. Measure 2 marks that are 40yds apart; have this only at a slight incline. Do several sprints down the incline, hopefully without falling and time them. You should be able to feel your self running full speed without feeling yourself leaning backward to keep your balance. Your times will be faster than any previous 40yd dash you have run; your legs are responding faster than ever before, your stride length is being increased naturally, since muscles have memory, you will be able to run a 40yd dash on a flat surface faster than before, but let's not stop there! Let's now increase how steep the hill is by only 10 yards or so, depending how steep your hill or bridge is, and again, not so steep that you could lose your balance or hold yourself back from running a full sprint. By all means, don't limit yourself to 40yd dashes. Feel free to run sprints of 100 yards or more, even 400 yards, if you can find a hill or bridge that would allow you to sprint full speed without falling.

Actual Workout

I believe that athletes of all sports should precondition themselves before their season begins by completing all of the above exercises in order. Once their actual season starts, their training can be adjusted to only hopping and running downhill.

Week 1 PRECONDITIONING

Monday, Wednesday, Friday

Run five sprints between 30-50 yards with 30 second rest in between sprints, or run "suicides" 5 times or more. Run uphill or stadium stairs for endurance, strength, and not speed. Always stretch first!

Week 2 Height Jumping

Monday – 2 foot height 2 x 10
Wednesday – 3 foot height 2 x 10
Friday – 4 foot height 2 x 10

Week 3 Height Jumping Continued

Monday – 4 foot height 2 x 10
Wednesday – 5 foot height 2x10
Friday – 6 foot height 2x10

Here is a slower pace to follow for height jumping

Week 2

Monday – 2 foot height 2 x 10
Wednesday – 2 foot height 2 x 15
Friday – 3 foot height 2 x 10

Week 3

Monday – 3 foot height 2 x 15
Wednesday – 4 foot height 2 x 10
Friday – 4 foot height 2 x 15

Week 4

Monday – 5 foot height 2 x 10
Wednesday – 5 foot height 2 x 15
Friday – 6 foot height 2 x 10

(allow no more than 15 seconds rest between each jump, and 1-2 minutes rest between each set.)

Week 4 Height Jumping with Takeoff

Monday – 2 foot height 2 x 10
Wednesday – 2 foot height 2 x 15
Friday – 2 foot height 2 x 20

Week 5

Monday – 3 foot height 2 x 10
Wednesday – 3 foot height 2 x 15

Friday – 3 foot height 2 x 20

(allow no more than 15 second rest between each jump, and 1-2 minutes between each set.)

Week 6 Hopping

Monday – 3 x 30yds or more, two legged hops
Wednesday – 4 x 30yds or more, two legged hops
Friday – 5 x 30yds or more, two legged hops

Week 7

Monday – 3 x 60yds or more, two legged hops
Wednesday – 4 x 60yds or more, two legged hops
Friday – 5 x 60yds or more, two legged hops

Week 8

Monday – 3 x 30yds or more, one legged hops
Wednesday – 4 x 30yds or more, one legged hops
Friday – 5 x 30yds or more, one legged hops

Week 9

Monday – 3x 60yds or more, one legged hops
Wednesday – 4 x 60yds or more, one legged hops
Friday – 3 x 60yds or more, one legged hops

(a 30 second rest between each set, or the hops can be alternated from 1 leg to the other without rest until 3 sets on each is completed. Each set should be times to ensure full speed.)

Week 10

Down hill sprints can be done following this pre-season workout. It can be done "during" the season and year round. Individuals can create their own down hill training, as long as the sprinting is done at full speed.

All sports use some kind of explosive power, whether it occurs in the legs and/or upper body. Each sport requires specific training and specific plyometric exercises, but actual test results are not available at this time. General guidelines for some sports are follows, And coaches are than welcome to develop their own training schedules based on their own trail and error data.

Sprinters should use the previous training outline for their pre-season workout. Their in-season training should incorporate two-legged hopping, then one legged(timing speed at various distances, from 20 up to 400 meters, depending on the length of your sprint event). Downhill running should also be done where hills and bridges area available.

Football and baseball players should also follow the pre-season schedule, and their in-season workout should consist of two-legged hops then one-legged hops. Football players can hop anywhere form 30 to 100yds. Linemen should stay within 50yds. Baseball players can do hoping sprints, two-legged and then one-legged hopping form one base to another for the fastest times.

Basketball and volleyball players should use this pre-season workout and use "HEIGHT JUMPING WITH TAKE-OFF" during their season. A two-legged and then one-legged hopping workout should also be done during there in-season training.

All athletes, including long-distance runners, must run downhill as far as the distance of their event, as fast as possible. If weight training is an integral part of your sports conditioning, it must be done last. All explosive exercises must be done first, when you are at your strongest, then downhill sprints, and then weight training, always in this order only – on the same day – every other day!

SUPER STRENGTH SUPER FAST

An 8 week guide for developing
explosive strength through
explosive weight training.

By Christopher D, McCrane

About the Author

Christopher D. McCrane is a former U.S. National and Olympic Qualified Bobsledder. While training at Lake Placid, NY, he obtained incredible knowledge from the European and Soviet Union coaches on explosive weight training ttechniques used in Olympic style weight lifting. Olympic style weight lifters lift enormous amounts of weight with ***explosive*** speed, Now it is possible to use this kind of training techniques to develop explosive strength for bodybuilders, power lifters, and athletes of all sports. Chris has over 20 years of weight lifting experience. It has taken him several years to perfect his training regime. You can now have incredible strength gains in ***weeks instead of years***

Caution!

This is an advanced weight training program. This is for the experienced athletes who has trained with weights for at least 1 year. The athlete beginning this exercise program must train under the strict supervision of a coach, qualified weight lifting instructor, or partner. Training without a partner may lead to injury and end results may not be as great.

Introduction

This is an 8-week explosive weight-training program designed specifically to give you incredible strength gains! This workout can be used with the bench press, military press, squats, and deadlifts. This program has also been used on isolation exercises (ex. Biceps curls and triceps extensions.) with equal incredible strength gains! Do not be surprised if you gain up to 45lbs. or more on each of the 3 workouts. Some athletes have actually increased 50lbs. on leg squats just after 2 weeks!

My personal best in the bench press was 280lbs. at a body weight of 155lbs., but after only 8 weeks, it was 400lbs. One year later I decided to try this 8-week workout again. My maximum bench press was 425lbs. at a bodyweight of 180lbs. After completing this eight-week program, I was able to bench 505lbs. once. Great results were gained each time.

Regardless of how you have trained before, if you are benching around 200lbs. you will be benching around 300lbs by the end of the 8-week program. If you are benching 700lbs., you will be benching around 800lbs. after the 8 weeks program.

This program must be done in the exact order it is outlined. If workout days are missed for any reason, you should start over. Completing this workout for more than 8 weeks has not been attempted and results are not available.

It is advised to complete this 8-week program and then proceed to another (to maintain strength) for at least a month before repeating this program. Always train with a partner, get plenty of rest, and ***GO FOR IT!***

Absolute Strength vs. Explosive Strength

There are 2 types of strengths: Absolute and Explosive.

Bulldozers and elephants are both extremely powerful for pushing and pulling, but they move very, very slow. This is absolute strength. Explosive strength would be the exact opposite. Thin, muscular, and extremely quick and explosive, like a gymnast, cheetah, or like a volleyball player jumping to spike the ball.

Explosive strength is the creation of a tremendous amount of power in a very short period of time. The faster, higher, or farther you can do something, the more explosive you are. In what sport would anyone need to have absolute or brute strength?

Unfortunately, football players think this is the kind of strength that is best for there sport. Even though the most explosive players make the great plays. If a 280lb. Football player had an absolute strength squat of 500lbs. and his 40yd dash time was only 5.0 seconds, I would work more on his explosive strength, making him quicker and get his 40yd dash time down to 4.5 seconds or so.

Football, as well as sports like basketball, and tennis are explosive sports, and explosive weight training should be the ***only*** type of weight training.

Force = Mass x Acceleration

Newton's 2nd law of physics, F = M x A, states that if the mass is a constant during your lift, then your acceleration must be increased in order to generate more force. If you are bench pressing 200lbs, the weight does not change throughout the movement. Then, you will generate 200lbs of force.

F = M x A
F = 200lbs. x 1 second
F = 200lbs

If it takes you half a second to perform one repetition, then you are generating 400lbs. of force, just by generating twice the speed. This is when Olympic style of weight lifting comes to mind.

The Olympic style weight lifter is the perfect example of what explosive weight training can do for strength. These athletes lift enormous amounts of weight with incredible speed, but their style of weight lifting is very lengthy and difficult to perfect. So, can we apply explosive weight training technique to our regular weight training programs in order to create explosive power in certain muscle groups? Absolutely!

The following program can be used for the bench press, squats, dead lifts, military press, and all other exercises. You become incredibly strong in a short period of time, **weeks instead of years.**

Part 1 Weeks 1&2

Before beginning, you must establish your maximum lift or press. That is the most you can lift or press for 1 repetition, without the help of a spotter. This weight is equal to 100%. You now need to determine 60!, 65%, and 70% of this maximum weight. These weights can be exact, or within 5lbs. less than exact, but never more than the exact. If your maximum is 300lbs., then 60% of 300lbs. is 180 lbs., 65% is 195lbs.. and 70% is 210lbs.

Perform these repetitions ***as fast as possible***, with 1-minute rest periods between sets. The weights that you will be using and the speed at which you will be lifting them will make the program seem very easy, but since you have never done an explosive lifting routine like this before, you do not know how it should feel. You should complete the 2-week routine and then find your " new max". Each repetition should be performed through only ¾ of full extension of the exercise. Full extension is not necessary and ¾ range of motion is a lot faster.

Week 1

Monday	60% of max	5(sets) x 5(reps)
Wednesday	65% of max	5x5
Friday	70% of max	5x5

Week 2

Monday	60% of max	5x5
Wednesday	65% of max	5x5
Friday	70% of max	5x5

The Monday following the week 2 workout, establish your new maximum lifts or press at 1 repetition. It does not matter if your new max is now 5lbs. or 50lbs heavier, you are now stronger than you were 2 weeks ago. This is your goal throughout each of these workouts.

Part 2 Weeks 3-6

Before beginning Part 2, you should have established your maximum lift or press, for one repetition without the help of a spotter. Using this new max, you must figure out the proper weights for the following repetitions, but you must follow these easy guidelines.

There will always be a 20lb. Weight difference between "even" numbered repetitions , and 10lbs. weight difference between successive repetitions. The following is an example. If your new max is 300lbs. then your weights should be as follows. They must be performed in this order, with a 1 minute rest between sets.

The repetitions are performed ***as fast as possible*** using ¾ range of mation.

8 repetitions using 220lbs
6 repetitions using 240lbs.
5 repetitions using 250lbs.
4 repetitions using 260lbs.
3 repetitions using 270lbs.
2 repetitions using 280lbs.
1 repetition using 300lbs.

If your new max is 250lbs. then your weights should be as follows.

8 repetitions using 170lbs.
6 repetitions using 190lbs.
5 repetitions using 200lbs.
4 repetitions using 210lbs.
3 repetitions using 220lbs.
2 repetitions using 230lbs
1 repetition using 250lbs.

If your new max is 400lbs., then your weights should be as follows.

8 repetitions using 320lbs.
6 repetitions using 340lbs.
5 repetitions using 350lbs.
4 repetitions using 360lbs.
3 repetitions using 370lbs.
2 repetitions using 380lbs.
1 repetition using 400lbs.

Use this routine for 4 weeks, every other day, such as Monday, Wednesday, and Friday or Tuesday, Thursday, san Saturday. Use the same weights for 2 successive workouts. If after the 2nd workout, some of the weights were easily completed, or you get the feeling that you might of added one more repetition at that weight, then, on the next

workout day, add 10lbs to all the weights that were easily completed. Do not use the same weight for different repetitions. Always add 10lbs in order to make them different. If you are not able to add 10lbs on any weights, continue onto the next workout day until you can add 10lbs to some or all of the weights.

You should be able to add 10lbs to all the weights on every 3rd workout. After this 4-week workout is completed, you should have added 40lbs to all the weight classes. If your starting maximum weight was at 300lbs., then your ending weights should look like the following example:

8 repetitions using 260lbs.
6 repetitions using 280lbs.
5 repetitions using 290lbs.
4 repetitions using 300lbs.
3 repetitions using 310lbs.
2 repetitions using 320lbs.
1 repetition using 340lbs.

Next, find your new max at 1 repetition again. This is equal to 100% and determine 60%, 65%, and 70% of this new max. Begin your next workout using these new weights.

Part 3 Weeks 7-8

You have just found your new max again and now we begin your next workout. This next workout is a 2-week workout exactly the same as the first 2-week workout. You can repeat this workout again because the 4-week workout used very heavy weights which could not be performed as explosively as the lighter weights, so there will be an improvement again at the end of this 2-week workout.

The repetitions are performed ***as fast as possible*** with a 1-minute rest between sets, using ¾ range of motion.

Week 7

Monday	60% of new max	5x5
Wednesday	65% of new max	5x5
Friday	70% of new max	5x5

Week 8

Monday	60% of new max	5x5
Wednesday	65% of new max	5x5
Friday	70% of new max	5x5

Next, find your new max again. Your last new max could be 100lbs. or more than our beginning max at week 1. This routine could be continued for another 6 weeks, and

then another, but I suggest that you begin a completely different program for one month at least before returning to this workout program.

Conclusion

Explosive weight training can give you a great deal of extra strength in a very short period of time. This type of explosive weight training is not being used at the professional, collegiate, and definitely not at the high school or junior high school levels.

The sooner the athletes begin this type of weight-training, the sooner they will reach high levels of competition. Using this type of training, it is likely that in the years to come, champions will be younger than ever. World records will be shattered by younger athletes, as well as older athletes being able to compete longer. Keep a training log of your maximum weight for 1 repetition, the weight you used that day, the amount of repetitions performed, and the date.

Well, that is the Explosive Strength programs. I think that if you are trying to increase your vertical leap, you are suppose to use both this weight program and the jumping sprinting program. As always keep a detailed training log. Diet is very important also. Also, like the jumping and sprinting manual said, increased range of motion and lower body fat ratio equals vertical and speed. So a good diet to use while on this to maintain muscle and lose body fat is the zigzag diet. You can find the diet on www.drsquat.com in the training articles. To increase flexibility, Stretch 4 times or more daily. When you wake up, before exercise, after exercise, and before going to bed. Always warm up before stretching. Always consume 30 grams of protein at least after your workouts, and try to eat your bodyweight in grams of protein (ex. I weigh 165lbs. so I would eat 165 grams of protein. I would eat a lot of the foods that Maximum Vertical in Minimum time had. Also if you did not catch it in the manual it says that you should do all explosive exercises (plyometrics) must be done first, when you are your strongest, then downhill sprints, and then weight training. Always in that order only – on the same day- every other day. So you have to do plyos, sprinting, and weight training all on the same day according to the manuals. You should always to plyos first. Other than that, just use common sense and don't do anything that might harm your gains. Good luck in your training.