

# AIR ALERT® WORKOUT CHART

COMPLETE ODD WEEKS ON MONDAY - WEDNESDAY - FRIDAY													
WEEK	DATE	Leap Ups		Calf Raises		Step Ups		Thrust Ups		Burnouts		Squat Hops	
		sets	reps	sets	reps	sets	reps	sets	reps	sets	reps	sets	reps
1		2	20	2	10	2	10	2	15	1	100	4	15
3		3	25	2	20	2	15	2	25	1	300	4	20
5		4	25	2	30	2	20	2	35	2	250	4	25
7		4	30	2	40	2	25	2	50	2	300	5	25
9		3	45	2	45	2	30	2	60	4	200	5	25
11		5	40	2	55	2	35	2	80	4	250	5	30
13		7	40	4	35	2	40	2	100	4	300	5	35
15		8	50	5	40	4	25	4	50	5	300	4	50
COMPLETE EVEN WEEKS ON TUESDAY - WEDNESDAY - THURSDAY													
2		3	30	2	15	2	15	2	30	1	300	4	20
4		3	30	2	25	2	20	2	30	2	300	4	20
6		3	35	2	35	2	25	2	40	2	300	4	20
8		Do not perform Air Alert® during week 8. Allow your legs to recover.											
10		4	40	2	50	2	30	2	70	3	300	5	30
12		6	40	4	30	2	35	2	90	4	275	5	35
14		8	40	4	35	2	40	2	100	4	350	5	40
16		You have finished Air Alert®. Rest your legs during this week or play basketball sparingly. At the beginning of next week, your vertical will be at its highest.											

# AIR ALERT® PROGRESS CHART

WEEK	1	2	3	4	5
DATE					
HEIGHT					
WEEK	6	7	8	9	10
DATE					
HEIGHT					
WEEK	11	12	13	14	15
DATE					
HEIGHT					
My starting vertical leap					

## Goal Statements

Over the next 15 weeks, I will improve my vertical by \_\_\_ inches per week.

I will improve my vertical by \_\_\_ inches as a result of using Air Alert®.

I have a desire and a passion for improving athletically. Therefore, I pledge to follow and commit myself to the Air Alert® training program as written. As a result of using Air Alert® and as a result of practicing other related skills, I will accomplish the following as it relates to my athletic goals:

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# Air Alert

**Kathleen Armour**



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