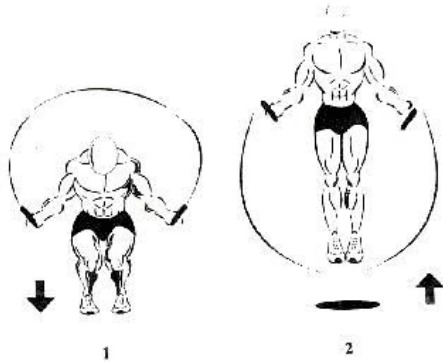


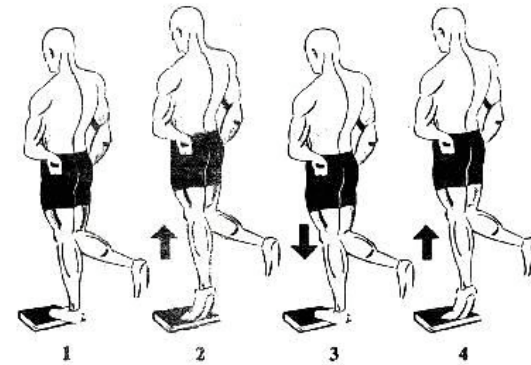
Leapups (with/without rope)

This exercise can be done without the use of a jump rope if you desire. When jumping, keep your hands by your side or in front of you for assistance in jumping and follow the same procedures just described.

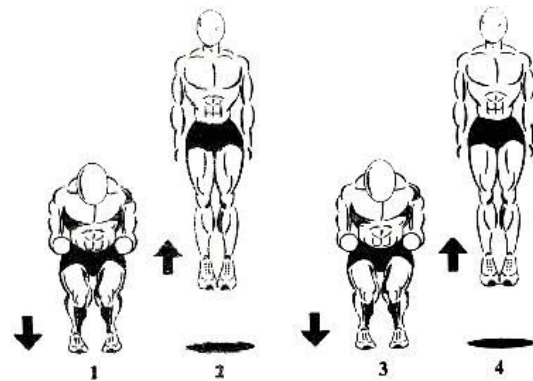


- Step1: When beginning, bend down to a 1/4 squat position
- Step2: Turn the rope and jump back into the air to a minimum of 8 to 10 inches. (You may jump 10 to 12 inches if this is too easy). When you land this completes 1 repetition.
- Step3: Continue repeating this motion for each repetition.

Calf raises

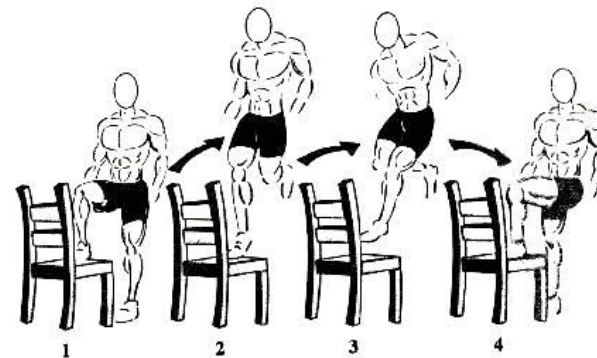


- Step1: Your starting position will be with the heel below the book or stair step rested on by your entire body.
- Step2: Raise yourself as high up as you can with only the one calf
- Step3: Lower your body back to the original, starting position. This completes 1 repetition. Step4: begin second repetition.



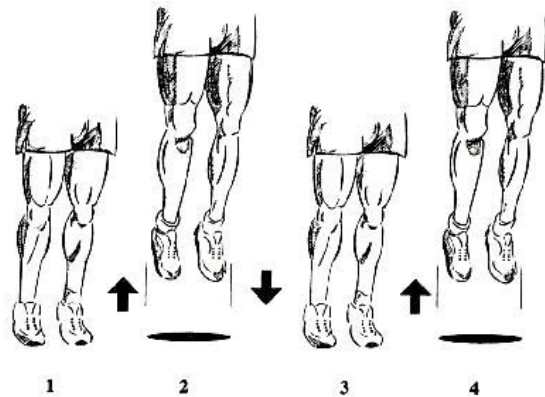
- Step1: When beginning, bend down to a 1/4 squat position with your hands out in front of you and jump up
- Step2: Jump up into the air to a minimum of 8 to 10 inches. (You may jump 10 to 12 inches if this is too easy) When in the air, your hands should be back by your side. When you land, this completes 1 repetition.
- Step3: Same as step 1. Step 3 begins repetition 2
- Step4: Same as step 2

Stepups



- Step1: Begin with one thigh on the chair parallel to the ground.
- Step2: With all of your strength, push off of the elevated leg and leap off of the chair as high as you can.
- Step3: Crisscross or switch your legs in the air.
- Step4: 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.

Thrust ups

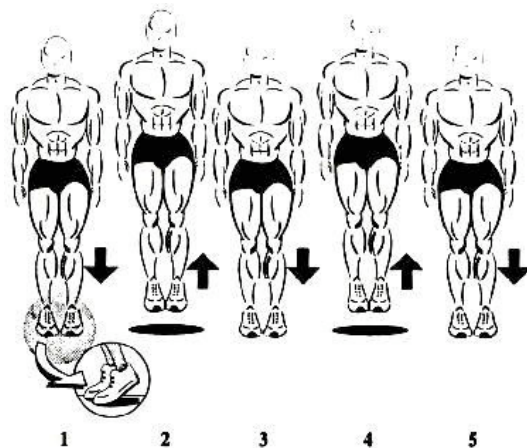


Step1: Begin with your legs straight.

Step2: Thrust (or bounce) yourself up as high as you possibly can.

Step3: The split second and 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.

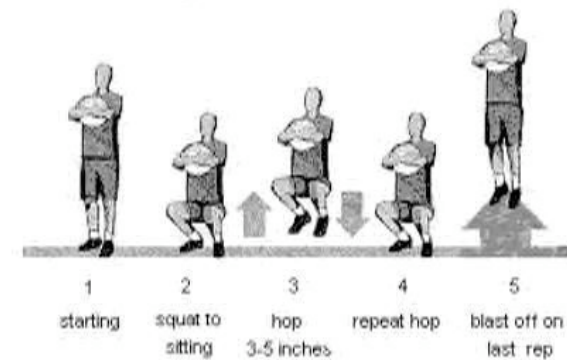
Burnouts



Step1: Elevated as high as you possible can on your tiptoes to assure that you work the high end of your calves.

Step2: As quickly as you possibly can, jump repeatedly no more than 1/2 to 1 inch off of the ground making sure to keep yourself elevated as high on your tiptoes as possible ensuring that you are working the upper calf muscles.

SQUAT HOPS - NEW EXERCISE



Step 1 - For balance, hold a basketball or volleyball at chest level. You can hold the ball with your hands at each side of the ball or hug the ball.

Step 2 - Squat down into a sitting position while holding the ball. Make sure that you are looking straight ahead, with your back straight and that you are elevated on the balls of your feet (half tiptoed). And most importantly, make sure that your thighs are parallel to the ground.

Step 3 - Hop or bounce in the seated position between 3-5 inches per hop. Keep your thighs parallel. When you land, that completes 1 repetition.

Step 4 - After you complete each repetition (each landing), you land back in the original, seated position. Jump up again for the next repetition.

Step 5 - At the completion (the last rep) of the required set, blast off as high as you possibly can. For example, if you are required to do 1 set of 15 repetitions, you will do 14 Squat Hops (3-5 inches per jump) and on the 15th Squat Hop, you will blast off as high as you possibly can.

AIR ALERT™ WORKOUT CHART

COMPLETE ODD WEEKS ON MONDAY - WEDNESDAY - FRIDAY													
w e e k	d a t e	Leap Ups		Calf Raises		Step Ups		Thrust Ups		Burnouts		Squat Hops <small>(Wednesday only)</small>	
		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	350	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	20	2	15	2	15	2	20	1	200	4	20
4		3	30	2	25	2	20	2	30	2	200	4	20
6		3	35	2	35	2	25	2	40	2	300	4	30
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.											

