

.: Air Alert III .:

introduction

For the past 11 years TMT Sports has sold the most popular jump training program on the market, *Air Alert II: The Complete Vertical Jump Program - Revised*. Although *Air Alert II* has become a favorite around the world, we have worked to improve it. The *Air Alert III* upgrade is the improved *Air Alert*. We changed the number of sets and reps, and, most importantly, we changed the number of days per week that the program will be completed which will help with overall muscle recovery and strength development. We also added one new exercise, Squat Hops™ to greatly benefit your vertical.

Any topic that you see on the *Air Alert III* upgrade MUST BE READ and followed as written. When you see a word "CHANGE" beside of a heading, this means that a change has been made from *Air Alert II* to *Air Alert III*.

air alert ii verses air alert iii

The exercises for *Air Alert III* are exactly the same with the exception of one. The technique of each exercise will not change for *Air Alert III*.

frequency (changed)

Air Alert III is designed to be done 3 days per week with the exception of week 15 which is designed to be done 4 days.

The 3 days workout schedule alternates from week to week which allows for ample muscle and strength recovery for your legs. This is extremely important in building the strength required for giving you the lift you need.

WORKOUT CHART (CHANGE)

Air Alert 3 Workout Chart will provide you with 2 charts. You will notice that the odd numbered weeks and the even numbered weeks instruct the same order sequence for each exercise, but that the actual days of the week are different. Do the workout exactly as prescribed on the days designed for the respective week.

The odd weeks are to be done on Monday-Wednesday-Friday and the even weeks are to be done on Tuesday-Wednesday-Thursday.

Week 13 is designed as a complete muscle recovery week. *Air Alert III* should not be completed at all during week 13.

Week 15, the final week, is designed to completely break down the muscles, shock them and prepare them for the final recovery. This last week will help to add an additional 1-2 inches on your jumping ability. You are required to do week 15 four (4) days that week. You will do *Air Alert III* on Monday-Tuesday-Thursday-Friday of the week.

RESTING BETWEEN SETS (CHANGE)

The *Air Alert III* workout consists of multiple sets and repetitions for each exercise. After completing 1 set of an exercise, do not rest anymore than 2 minutes before completing the second or third set for the respective exercise.

During the 2 minute resting period, it is important to massage the muscle that you are currently working on. If you are doing Leap ups, be sure to massage your thighs while resting.

When moving from 1 exercise to a new exercise (for example, from Leap ups to Calf raises), do not rest at all. Move immediately to the next exercise.

AIR ALERT III EXERCISES

The *Air Alert III* exercises are identical to the *Air Alert II* exercises with the exception of a

new exercise, Squat Hops™ (see below). See Bottom for instructions regarding the first 5 exercises. Be sure to follow all warm up and cool down instructions identified in the end

SQUAT HOPS - NEW EXERCISE

Squat Hops is our newest exercise and it is extremely excellent for isolating the entire thigh and produces unbelievable explosiveness. Squat Hops greatly helps to improve cardiovascular endurance, short distance running speed and lateral quickness.

Squat Hops is a very taxing exercise and, for this reason, we designed the exercise to be completed only 1 day per week. During each week of *Air Alert III*, you must only complete Squat Hops on Wednesday and on no other day. Should you decide to do the exercise more than 1 time per week, you will be risking extreme muscle fatigue and poor muscle recovery. Poor muscle recovery will lead to less vertical gains over a longer period of time.

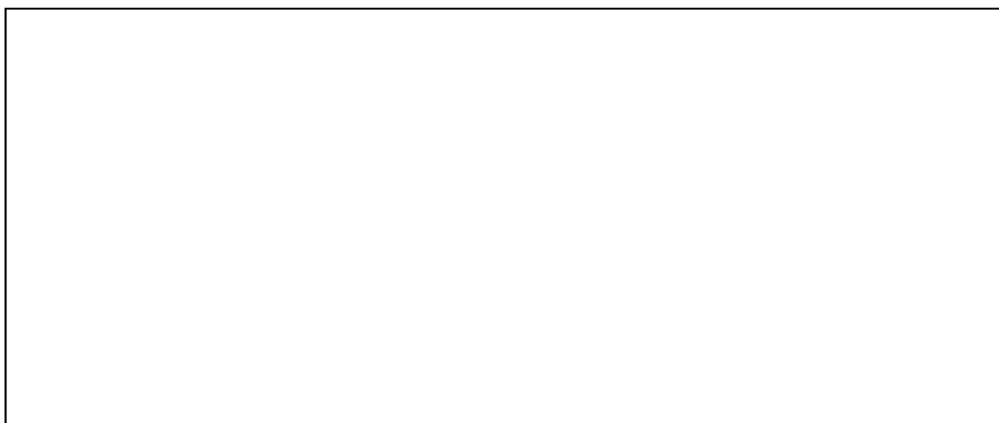
Squat Hops is a very simple exercise to complete. To begin the exercise, simply squat down to a sitting position with your legs bent at a 90 degree angle. Your thighs must be parallel to the ground. You will be in a complete sitting position. Make sure your back is completely straight and you are supporting yourself on the balls of your feet with your heels off of the ground. This can be achieved by keeping your head up and looking straight ahead and lifting your heels up. You will be sitting, but slightly standing on your tiptoes.

For balance, you will need a basketball or volleyball to hold in front of you with both hands gripping the ball to the side such as when making a chest pass. Or you can hug the ball during the routine. During the exercise, hold the basketball at your chest and look straight ahead.

To perform the exercise, maintain the sitting position while gripping the ball. Look straight ahead and hop/bounce no more than 3-5 inches off of the ground. Your thighs MUST never leave the parallel position. You will use your calves and thighs to help you jump. One hop/bounce is considered one repetition.

The Squat Hops Blast Off - At the completion (the very last repetition) of each set, you must explode into the air as hard and as high as you possibly can. The height of your jump will not be high, but will be effective.

The blast off is extremely important. The blast off works your thighs slightly harder and will give you an additional 1-2 inches over the course of the 15 week workout. Be sure to exert as much energy during the blast off stage.



SQUAT HOPS

1	2	3	4	5
starting	squat to sitting	hop 3-5 inches	repeat hop	blast off on last rep

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 will 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.

Rest 1-2 minutes between sets.

GET OUT AND PLAY AND WORK THOSE LEGS

During the days that you are not doing *Air Alert III*, it is important that you help your legs get used to normal jumping situations. *Air Alert III* will increase your vertical, but you will need to train your legs to actual jumping situations. On your days off from *Air Alert III*, go out and play. And, practice jumping aggressively when you play. This helps to develop muscle memory.

AIR ALERT III PROGRESS CHART

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

AIR ALERT III WORKOUT CHART

ODD NUMBERED WEEKS ARE TO BE DONE ON MONDAY-WEDNESDAY-FRIDAY ONLY													
Week	Date	Leap Ups		Calf Raises		Step Ups		Thrust Ups		Burnouts		(Wednesday only) Squat Hops	
		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		4	50	2	50	2	30	2	70	3	300	5	30
11		6	50	4	30	2	35	2	90	4	275	5	30
13		DO NOT DO AIR ALERT III. IT IS VERY IMPORTANT THAT YOU REST YOUR LEGS DURING WEEK 13											

15* (Mn- Tu- Th- Fr)		4	100	4	50	2	50	2	100	4	400	5	50
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AIR ALERT III WORKOUT CHART

EVEN NUMBERED WEEKS ARE TO BE DONE ON MONDAY-WEDNESDAY-FRIDAY ONLY													
Week	Date	Leap Ups		Calf Raises		Step Ups		Thrust Ups		Burnouts		(Wednesday only) Squat Hops	
		Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
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		2	50	2	35	2	25	2	40	2	300	4	30
8		3	50	2	45	2	30	2	60	4	200	5	25
10		5	40	2	55	2	35	2	80	4	250	5	30
12		4	75	4	35	2	40	2	100	4	300	6	30
14*		3	30	2	30	2	20	2	30	1	250	4	20

* Week 14 is designed to prepare your legs for the final week. The repetitions have been reduced for this reason. Do not exceed what is prescribed.

* Week 15 must be completed on Monday-Tuesday-Thursday-Friday. The final week is designed to completely exhaust and breakdown the jumping muscles and prepare them for final recovery. That is the reason the repetitions are higher and 4 days required instead of 3. You will notice that your jumping ability will be the highest 4-7 days after completion of the program.

EXERCISE DESCRIPTIONS

Leapups - Stand with your feet shoulder width apart, and jump up looking straight ahead. Come down about 1/4 of the way and jump right back up. This completes one leapup.

Calf raises - Stand on something so that your heels are not touching anything, stairs, a book etc. Go all the way up and come slowly down. Do one leg, then the other, this completes one set.

Stepups - Get a sturdy chair or bench, put one leg on the chair, and push yourself off the chair with your one leg. While in the air, switch legs, put the leg that was on the ground on the bench, the leg that was on the bench on the ground. Do the specified number of reps on each leg.

Thrust ups - stand with your feet shoulder width apart, and lock your knees. Then jump up just by using your calves, only bending at the ankles. As soon as your land, go right back up. This completes one thrust ups. You can use your arms if you want.

Burnouts - Stand in the same position as thrust uups, and go up as high as your can on your toes. Then jump up only using the sides of your thighs and your toes - you must stay as high on your toes as possible throughout the exercise. You can use your arms too.

MAINTENANCE

At the completion of *Air Alert III*, you can maintain your new vertical simply by aggressively playing a jumping sport 2-3 times per week. You may also repeat week 8 on the alternating, 3 day per week routine. If you wish to redo the program entirely for additional gains, you should wait at least 1 full month before restarting. It is important to rest your legs from this type of workout if you wish to add additional inches. Your gains will not be as significant each time that you do the program.

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