

Week	Squat Jumps	Calf Raises (each leg)	step up jumps	straight leg jumps
1	2x25	2x15	2x10	2x20
2	1x50	2x20	2x15	2x25
3	2x50	2x25	2x20	2x30
4	1x75	2x30	2x25	2x35
5	2x75	2x35	2x30	2x40
6	1x100	2x40	2x35	2x45
7	2x100	2x45	2x40	2x50
8	1x125	2x50	2x45	2x55
9	2x125	2x55	2x50	2x60
10	1x150	2x60	2x55	2x65
11	2x150	2x65	2x60	2x70
12	2x150	2x70	2x65	2x75

days per week

quick jumps

1x100	4 days
1x200	4 days
1x300	3 days
1x400	3 days
1x500	3 days
1x600	4 days
1x700	3 days
1x800	4 days
1x900	3 days
1x1000	4 days
1x1100	3 days
1x1200	3 days