

TARGET PERFORMANCE MEASURE

VERTICAL LEAP

Why it's important

All sports use vertical leap to analyze athleticism; improving vertical leap demonstrates not only physical strength, but also an ability to train the brain to harness that strength for explosiveness. In the game this translates to blocked shots in basketball and exploding off the line in football.

How to measure

The simplest way to measure vertical jump is to stand next to a wall and place a piece of tape as high as you can. Then, jump up and place a new piece of tape at your jump's peak. Measure the difference to find your vertical leap. Repeat this test every 2 weeks to track improvement over time.



TRAINING PROGRESS



+6
INCHES

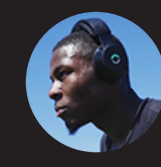
MY RESULT

From T.J., "Coming out of offseason training you're going to see improvements. But pairing Halo Sport with that training took my results to a level I never expected."



**"I BELIEVE THAT IF YOU PUT IN THE WORK, YOU WILL SEE RESULTS
— AND HALO SPORT IS THE PRODUCT I FEEL EXEMPLIFIES THIS
MENTALITY AND APPROACH. "**

- T.J. CARRIE



T.J.'s vertical leap training plan

NEUROPRIMING WARMUP

Begin Neuropriming

Put on Halo Sport and start stimulation via the app.

A Neuropriming session lasts 20 minutes — ideal for pairing with a warm-up. After 20 minutes, you can remove the headset and complete more aggressive training movements. Your motor cortex will remain in a “hyperplastic” (hyperlearning) state for 1 hour after the Neuropriming session ends.

Agilities	10 mins: walk lunges, straight leg touches, high knees, & carioka
Stretches	5 mins: hips, quads, glutes, hamstrings, & calves
Range of motion	5 mins: leg swings, knee to chest, body weight squats, leg circles, & lunges

Remove headset

After the stimulation ends, take off Halo Sport and begin workout.

DAY 1

Exercise	Week 1	Week 2	Week 3	Week 4
	Baseline test *		Jump test*	
<i>Neuropriming warmup (see above)</i>				
Single leg squat with TRX band	2 X 25 reps each leg	2 X 25 reps each leg	2 X 30 reps each leg	2 X 30 reps each leg
Single leg box jump with stabilization	3 X 8-12 reps each leg	3 X 8-12 reps each leg	4 X 6-8 reps each leg	4 X 8-10 reps each leg
Glute-ham raise	3 X 20 sec hold	3 X 20 sec hold	3 X 25 sec hold	3 X 25 sec hold
Jump rope	3 X 100 jumps	3 X 100 jumps	3 X 120 jumps	3 X 120 jumps
	* Do a jump test before your workout to set your baseline.		* Remeasure your vertical jump every two weeks.	

DAY 2

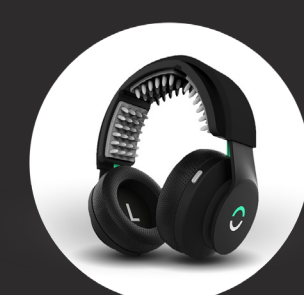
Exercise	Week 1	Week 2	Week 3	Week 4
<i>Neuropriming warmup (see above)</i>				
Band hip circuit				
Squat - band around knees	2 X 10 reps	2 X 10 reps	2 X 12 reps	2 X 12 reps
Single leg rotation - band around knees	2 X 10 reps, each leg	2 X 10 reps, each leg	2 X 12 reps, each leg	2 X 12 reps, each leg
Skaters - band around ankles	2 X 10 reps	2 X 10 reps	2 X 12 reps	2 X 12 reps
Knee raises - band around ankles	2 X 10 reps	2 X 10 reps	2 X 12 reps	2 X 12 reps
Squats				
Barbell squats*	5 X 5 reps	5 X 5 reps	5 X 6-8 reps	5 X 6-8 reps
Dumbbell split squats*	3 X 8 reps, each leg	3 X 8 reps, each leg	3 X 10 reps, each leg	3 X 10 reps, each leg
Jump squats*	2 X 5 reps	2 X 5 reps	2 X 6-8 reps	2 X 6-8 reps
Lateral lunges with kettlebell	3 x 8 reps, each leg	3 x 8 reps, each leg	4 x 5 reps, each leg	4 x 5-6 reps, each leg

DAY 3

Exercise	Week 1	Week 2	Week 3	Week 4
<i>Neuropriming warmup (see above)</i>				
Dead lifts*	3 X 8 reps	3 X 8 reps	3 X 10 reps	3 X 10 reps
Single leg jump depth jumps				
12" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
15" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
18" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
20" box height	3 X 5-8 reps each	3 X 5-8 reps each	3 X 6-10 reps each	3 X 6-10 reps each
Single leg Romanian Dead Lift w/ kettlebell*	3 X 5 reps	3 X 6-8 reps	3 X 8 reps	3 X 8 reps

* How T.J. determined how much to lift:

From T.J., “During Week 1, I set my weights so that I know I can complete my reps. I then challenge myself to increase weight each session so that I’m always completing my reps, but not able to do anything extra. Finishing all reps with proper form is the key; weights are secondary.”



Visit www.haloneuro.com to learn more about Halo Sport.