

# AIR ALERT® ADVANCED WORKOUT CHART

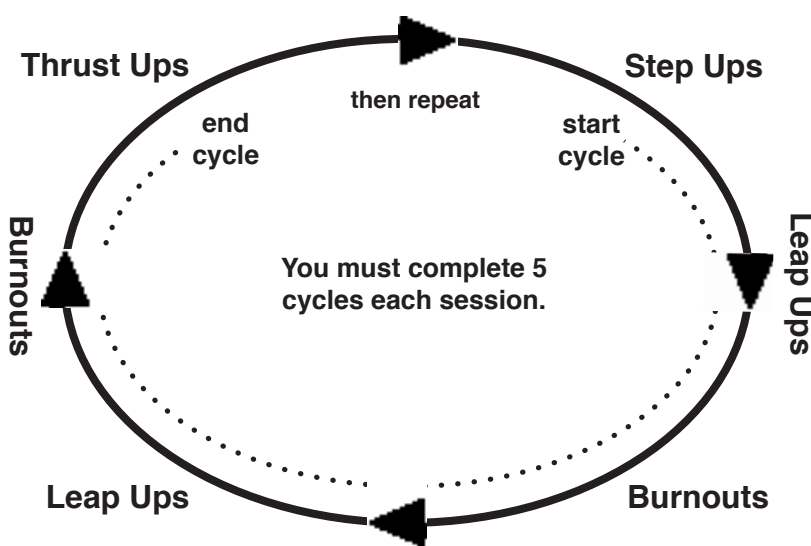
## COMPLETE ODD WEEKS ON MONDAY - WEDNESDAY - FRIDAY

Week	Date	Steps Ups		Leap Ups		Burnouts		Leap Ups		Burnouts		Thrust Ups	
		sets	reps	sets	reps	sets	reps	sets	reps	sets	reps	sets	reps
1		1	15	3	15	1	100	3	15	1	100	1	20
3		1	20	3	20	1	150	3	20	1	150	1	25
5		1	20	3	20	1	175	3	20	1	175	1	30

## COMPLETE EVEN WEEKS ON TUESDAY - WEDNESDAY - THURSDAY

2		1	15	3	15	1	125	3	15	1	125	1	20
4		1	20	3	20	1	150	3	20	1	150	1	25
6		1	25	3	25	1	175	3	25	1	175	1	30

**LEAP UPS MUST BE COMPLETED AS HARD AND AS HIGH AS YOU CAN ON EACH REP.  
WAIT 1 MONTH BEFORE REPEATING AIR ALERT® ADVANCED.**



## AIR ALERT® ADVANCED PROGRESS CHART

WEEK	1	2	3	4	5	6
DATE						
HEIGHT						

Your starting height \_\_\_\_\_

record progress after completion of each week  
record in week 1 at the start of week 2

Air Alert® Advanced is the second phase to Air Alert®. This version will help you add an additional 3-6 inches to what you gained from phase one. Air Alert® Advanced is much more difficult; therefore, you must not perform this until you have first completed the initial Air Alert® workout. Wait 1 month after Air Alert® before beginning. Each workout will take a minimum of 1 hour to complete and may take up to 1 1/2 hours.

Air Alert® Advanced is based on cycle training which utilizes Habitual Jump Training™ much more aggressively. You will complete only 4 of the Air Alert® exercises; Step Ups, Leap Ups, Burnouts and Thrust Ups. Complete them in the order provided on this chart. You will notice that the advanced workout requires that you repeat Leap Ups and Burnouts during each cycle.

Each cycle begins with Steps Ups and ends with Thrust Ups. Once you complete Step Ups, you will immediately move on to the next exercise, Leap Ups and complete the sets and repetitions required and then move on to Burnouts and so on. Once you have completed the first cycle, you will repeat the exact same cycle and continue until you have completed 5 cycles. For example, for the entire 5 cycles of week 1, you will complete a total of 75 (5 of 15) Step Ups, 450 (30 of 15) Leap Ups, 1000 (10 of 100) Burnouts and 100 (5 of 20) Thrust Ups. You must not rest between the exercises. As soon as you complete the required sets and reps for an exercise, immediately move on to the next exercise. For Leap Ups, however, you will need to rest 1-2 minutes between sets. Rest 2 to 3 minutes between cycles.

You will perform each exercise just as you did with the regular Air Alert® program. **However, with Leap Ups you MUST jump as hard and as high as you can on each repetition and not 10-12 inches as required for the first 15 weeks of Air Alert®. This is extremely important!**