



# LEAP & BOUND YOUR WAY TO NEW PR'S. . .LITERALLY!

By: Ryan Moody

“Seriously what’s the big deal about jumping?”, “Why Jump?”, or “How will jumping help me progress in CrossFit?” These are examples of some of the questions that I receive on a daily basis and at my Explosive Seminars. You may recognize my name from a World Record Box Jump video in the CrossFit Journal back in 2010 called; “56 Inches to Fame”. Since then I have found a HUGE link between jumping [Explosive Training] and constant improvement in my ability to perform in CrossFit “across broad time and modal domains”. Let’s just say that there is a lot more behind what you see in some of my “jump videos”, and that key ingredient of jumping or [Explosive Training] coupled with CrossFit is one amazing PR producing machine!

**“It’s not so much about jumping as it is about how explosive one can be from their hips!”**

I laugh when people give me a hard time about “jumping on boxes for a living”, for reasons other than the obvious. What the individual doesn’t realize is how this modality of training [Explosive Training] has proved time and time again that it can take people to new heights and by new heights I don’t mean simply by improving their box jump. [That’s a given]. Over the past 2 years I have developed a program that will not only improve an individual’s ability to jump, but also help them to run faster and lift heavier.

In other words; it will improve the overall potential of the participant.

**“It’s science, and it’s logic, there is no fancy crap, or [sexy moves] required.”**

Look at it this way; in physics  
**Power = (Force x Distance) / Time**

It’s important to note that the max amount of power produced, for example: in a jumping movement, is dependent upon the length of the amortization phase of the stretch-shortening cycle. Amortization is the transition period from stretching to contracting at the beginning of the concentric muscle action. The quicker or “shorter” this phase becomes, the more powerful the result intended for that muscular contraction.

**In other words....go into a 1/4 air squat and hold for up to 5 seconds —> then perform a box jump. This pause increases or lengthens the amortization phase. Now, perform a regular box jump with no pause at the bottom...this technique shortens the amortization phase and allows you to perform the movement explosively**

In other words: a.k.a. “Logic”; If you become more explosive at the hips, you will jump higher, run faster



Complex training is a training strategy that involves the execution of a heavy resistance exercise (HRE) prior to performing an explosive movement with similar bio-mechanical characteristics, referred to as a complex pair. The complex pair is then repeated for a number of sets and postulated that over time will produce long-term changes in the ability of a muscle to generate power, Hodgson et al. (3)".

Here's a simpler definition: PAP is a phenomena by which muscular performance characteristics are acutely enhanced as a result of their contractile history. The underlying principle surrounding PAP is that heavy loading prior to explosive activity induces a high degree of CNS stimulation which results in greater motor unit recruitment lasting anywhere from five to thirty minutes, Contreras et al. (1).

Realistically significant improvements in a vertical jump height, ground reaction force, impulse, or velocity at take-off can be found using PAP training. Using PAP/ complex training, which again in this case involves both an explosive lift coupled with an explosive jumping movement, can greatly increase your ability to produce power from your hips...which as you and I both know means PR's in CrossFit movements [not just jumping]. Again it goes back to hips being a powerhouse, hips initiating the majority of functional movements we do in everyday life/training, and quite simply how increasing hip power allows us to move a heavy load a long distance quickly. Examples of studies performed using PAP can be found in the reference section: Chiu et al. (2), Khamoui et al. (4), Saez Saez de Villarreal et al. (5), Young et al. (6)]

**“Beam us down Scottie! Enough with the research studies...let's get to the NITTY GRITTY, I wanna PR!”**

The program, again, is not about simply jumping. No, rather it's about coupling jumping or explosive movement with a strength bias and ending with a high-intensity met-con. The idea is simple; start with 1-2 Explosive WOD's [[www.thexwod.com](http://www.thexwod.com)] a week. Program for an explosive lift (i.e.- power snatch, hang clean, dead lift) and in-between each lift program a explosive jumping movement (i.e.- box jump, broad jump, a sprint starting from ground). BLAH BLAH BLAH...For example:

**Front Squat: 5-5-5-5-5 (Progressive Loading, just like how CrossFit.com programs it....HEAVY AND HARD)  
- Then between each set- Perform: 2-1-2-1-2 reps of Standing Box Jumps @75% (2-rep height) and 80 % (1-rep height) of 1RM Standing Box Jump  
-Rest for 1-2 Minutes before next lift and jump combo**

Then program a WOD, preferably 20 Minutes or less... [5-10 minutes is a good range to start with]. Your WOD could be FRAN, or HELEN, or heck 7 Minutes of

and lift heavier.....NO technique course NECESSARY. (Obviously if you improve your technique and form you can also see gains in efficiency and performance). What I am saying is that if we simply become more powerful at the hips, we in turn can move a large load a long distance quickly. Whether that is a Clean, a Snatch, a Box Jump, 100m Sprint, a Kipping Pull-up, Knees to Elbows, Push Press, Split Jerk, faster Fran time, and the list goes on. If you're a CrossFitter then you recognize these movements and how Explosive training applies to you. Even if you're not a CrossFitter and you simply want to be more functional and efficient in your daily life; then training your "powerhouse" [pelvic unit] will help.

**“I'm not asking you to shake a weight to improve musculature, I'm asking you to shake the hips your momma gave ya to improve overall performance.”**

**[If you're not into the science of it all, skip this next part ;- ) ....**

**Let's geek out for a second:** How I program this type of training [seen below] is very similar to Post-activation Potentiation (PAP). Here is the idea; "...apply the principles of PAP to short-term motor performance as well as using it as a rationale for producing long-term neuromuscular changes through complex training.



Burpees...as long as there is NO HEAVY SQUATS OR DEAD LIFTS in the metcon portion....I'd like you to tax your CNS, not deplete it completely! Oh, and you'll learn quickly...like CrossFit, these XWOD's are POTENT, so be smart and safe.

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On Day 2, program a different lift, same jumping rep scheme “2-1-2...” different explosive jump movement, and a different metcon. Follow this type programming for a month. Re-test some of your lifts...do The CrossFit Total (1RM Back Squat, Dead Lift, and Strict Press) or The Other Total (1RM Overhead-Squat, Bench Press, and Power Clean)...but my guess is you won't have to test at all.

**“SAY WHAT?? No testing needed!! What the...WHY NOT??”**

It won't take very long before you start noticing a significant difference in your ability to perform in WOD's and Lift's. When one can see improvement as quickly as those who engage in XWOD's do...there is no testing necessary, the evidence can be found in each new WOD. It never ceases to amaze me the testimonials I receive, individuals improving their box jumps from 5 to 21 inches in less than a week, athletes putting 20# plus PR's on their lifts in a month or less!

**“One athlete put 70lbs on his Back Squat in 4 months, while another pushed her Dead Lift up 20# in 2 weeks, and another PR'd his Fran time by 30 seconds and after only 1 month of XWOD training! We have tons of testimonials from a wide range of athletes and non-athletes, even seasoned CrossFit veterans see gains from this program.”**

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For more info on Explosive Training: Join the "movement" at [www.TheXwod.com](http://www.TheXwod.com) also visit Ryan's blog at [TheRyanMoodyProject.blogspot.com](http://TheRyanMoodyProject.blogspot.com)

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#### Notes about the Author:

Ryan is a 6 Time World Record holder in Box Jump related feats, most notably known for breaking the



original box jump world record set with Guinness at 55" [original record holder name unknown] by 1 inch at 56", then re-broke that record at 60" on 3/10/12 and currently holds a standing PR of 63". Ryan is finishing up his degree in Exercise Sports Science at the University of Utah and has helped to further the future of the

ESS-Fitness Leadership track at the University of Utah with his contributions. Ryan travels the country putting on his Explosive Seminar at affiliates, and providing motivational speaking at schools to help inspire youth to believe in themselves and succeed at their goals in life. Ryan has had the opportunity to train some of the top athletes in the world both at the Collegiate and Professional levels working with such notables as Boise State Running Backs, and Stanley Cup champion Mike Modano. He has been a part of the fitness industry for nearly 10 years as a coach, student and fitness enthusiast and has been a part of CrossFit for over 5 years now. Ryan has been blessed with the opportunity to work with some of the best coaches and mentors in the world. Ryan would like to thank his mentors and coaches for their help in his progress as an athlete and coach. [Thanks to- Tyson and Miranda Oldroyd, Damon Stewart, Tommy Hackenbruck, CJ Martin, Nick "Snax" Hawkes, Mike Hom, Louie Simmons, Lynn "Quigley" Bigelow, Rob Orlando, David Yu-Lin Chiu, Andrew Landau, Chad Phillips, Kyle Hougendobler, Greg Brassfield, Karen Jackson & Maggie Barber, John Haynes, Coach Glassman, Lauren Jenai, and Ryan's family and friends]

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