Dunk Challenge

Lessons learned from chasing an impossible dream
So close...

12 years old
Jump Speed: .53 secs
Air Time: .63 secs

Social Support
June

**Question**

How do I jump higher?

**Standing Jump**

21”
Phase 1: Just Go

- Squats
- Jumping
- Plyometrics
- Basketball
- Deadlifts
- Sprints
- Cleans
Challenges

• How to track progress?
• What is working?
• When to rest?
Learned: Weak Legs

SPOT ME BRO
Question

How do I become stronger?
Phase 2: Strength
Challenges

• What is optimal recovery time?
• What is this injury?
Question
How do I fix (and prevent) injuries?
Phase 3: Mobility
Challenges

• How much can I safely workout?
• When can I lift again?
• Feels like no progress is being made toward goal
Measuring Progress
Question
Where should I focus efforts for highest ROI?

Standing Jump
26”
Phase 4: Deconstruct
Phase 4: Deconstruct
Progress

Qualitative

*Standing Jump from 21″ to 27″*

Observational

June

Sept
Next Steps

- Squat – 5x5, 4 days rest
- Approach form
  - Increase speed on approach
  - Faster last 2 steps
  - Use arm swings
Vision

start

Dunk
Vision

start
Squat
mobility

Dunk
So many of our dreams at first seem IMPOSSIBLE
then they seem improbable
and then, when we summon the will, they soon become inevitable

Christopher Reeve