

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

JULY

Question

How do I
become
stronger?



Phase 2: Strength



SQUATS



SQUATS



Challenges

- What is optimal recovery time?
- What is this injury?

AUGUST

Question

How do I fix
(and prevent)
injuries?



Phase 3: Mobility



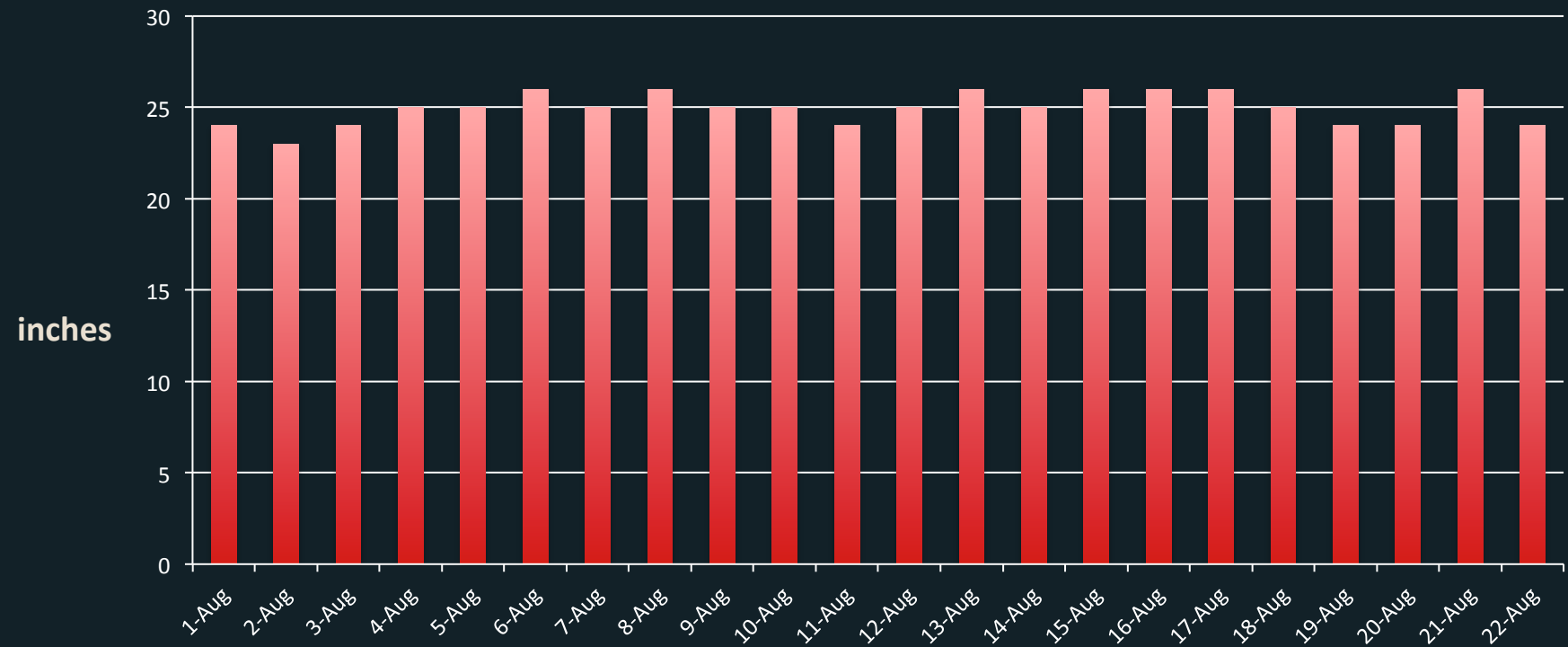
Challenges

- How much can I safely workout?
- When can I lift again?
- Feels like no progress is being made toward goal

Measuring Progress



Standing Jump



SEPTEMBER

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

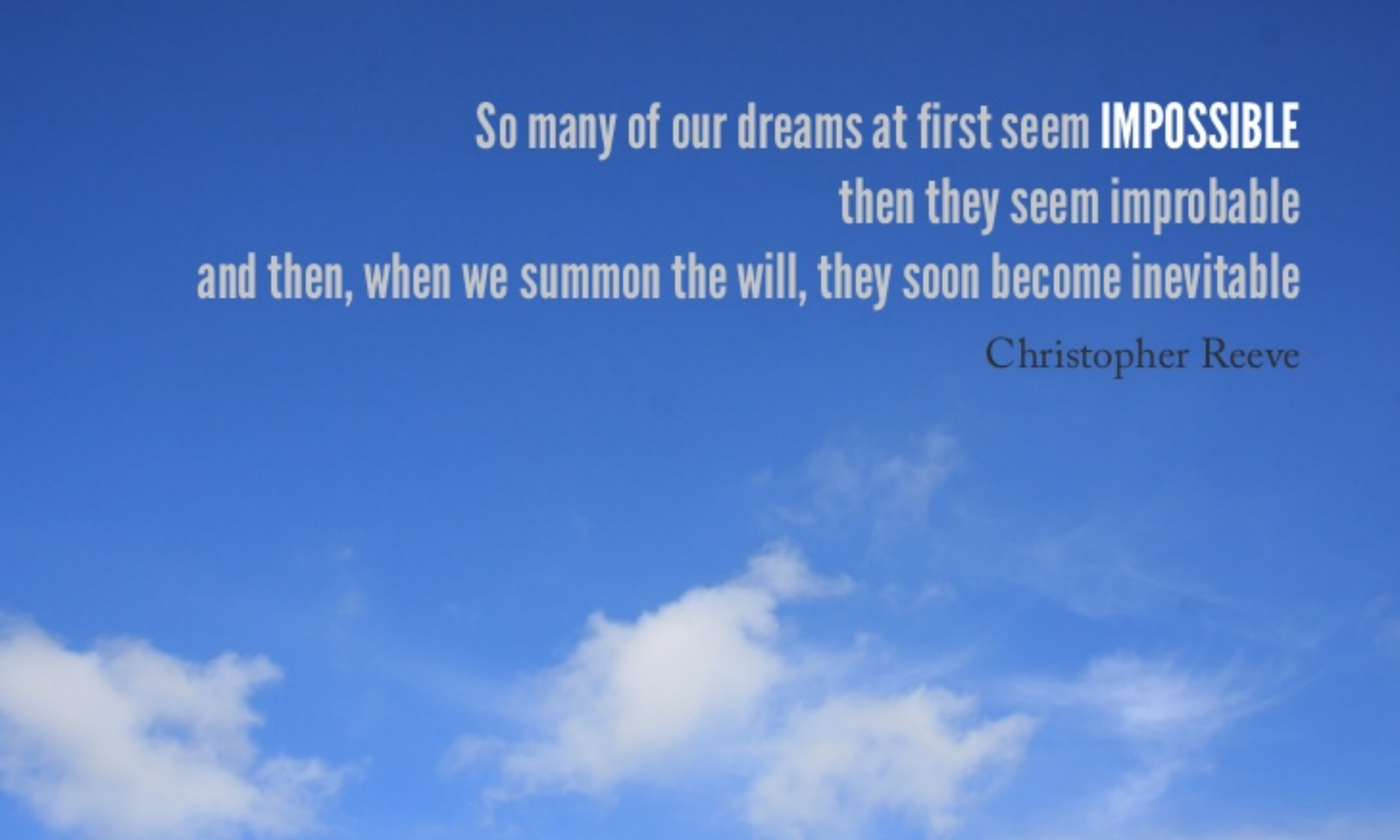
Squat

mobility

Dunk

Next





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

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