



# Elevate Multi-Directional Explosiveness Training Information Packet



## Elevate Program Progression

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| 1. Strength Phase             | 4 weeks |
| 2. Power Phase                | 2 weeks |
| 3. Plyometric & Agility Phase | 2 weeks |

### Strength Phase (4 weeks – 8 sessions)

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The **strength phase** of the program will be centered around improving the athlete's (1) ability to fire muscles with proper timing, (2) increase muscle strength in order to perform explosive movements, (3) induce muscle hypertrophy, and (4) improve the body's ability to absorb force. Without adequate muscle firing patterns and strength, plyometric programs, or programs centered around improving power, will not be as efficient. This phase will include single leg, split leg, and bilateral exercises. The strength phase sets the stage for the athlete's body to maximize results as they head into the power and plyometric phases.

The strength phase is very challenging physically, and equally challenging mentally. Therefore, prepare your mind for the 4-week challenge.

**NOTE:** When training athletes, sport performance specialists focus on training movements and not muscles.

In recap, the strength phase increases the total force that the body is able to generate. The more force you can exert into the ground, the more the ground will exert back into you, producing more explosive movements.

This is also the phase when we collect our baseline measures for outcomes (standing vertical jump, max vertical jump, and standing broad jump).

### Power Phase (2 weeks – 4 sessions)

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Human movement can be distinguished by 2 different phases: an absorption phase or a propulsion phase. Exercises in the **power phase** are geared toward overloading the absorption and propulsion phases of movement. During this phase the athlete will most likely see the largest improvement in explosive power. The purpose is to train the body to shorten/tighten muscles as quickly as possible to absorb forces effectively and produce the most power. Increasing the velocity of muscle contraction allows for more effective absorption of force and more powerful movements.

This phase will also introduce movement skills and biomechanics that directly translate onto the field of play: one foot and two foot jumping mechanics, the shuffle, the crossover step, and linear acceleration (ie 1<sup>st</sup> step). These movements will be progressed session by session and will set the stage for agility drills implemented in the plyometric phase.

## Plyometric & Agility Phase (2 weeks – 4 sessions)

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The **plyometric phase** is composed of plyometrics, agility drills, and explosive core exercises. Now that your nervous system has adapted, increasing muscle contraction velocity, it is time to implement plyometrics. Your body will now be utilizing your power gains by transmitting them into even more force production against the ground. This phase trains the body to use fast twitch muscle fibers and the free elastic energy found in tendons more effectively (rubber band effect).

The agility component to the plyometric phase capitalizes on the foundational movement skills learned in the power phase. The agility drills not only improve lateral and 1<sup>st</sup> step quickness, but also teaches an athlete how to position his or her body more efficiently when negotiating the field of play.

## Mobility

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Athletes will be equipped with mobility exercises to be completed on days between sessions. We cannot stress enough the **IMPORTANCE** of the mobility exercises. Improved mobility leads to improved joint health and flexibility, better movement patterns, less injuries, and therefore increased performance in sport.

## Core

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The core is the foundation for all movements. Without an adequate core, the body is unable to optimize energy produced from the muscles into movement. When the core is weak a lot of the energy/power produced is lost during movement. For example, when throwing a baseball, movement is generated through the legs, traveling up the body, and is ultimately released through the fingers. If the core is weak, that energy produced is exponentially lost if the core cannot adequately transfer the energy. This can be noted when comparing throwing the baseball from standing to a seated position. In the seated position, this negates the power generated from the legs. The core provides the link, or sling, that transmits the energy from the legs through the fingers. The core exercises found in the program are vital for improving energy transfer.

## Testimonials



"I started working with Aaron at the start of the summer. My initial goal was to improve my vertical jumping as I had an early ankle injury during the basketball season. Aaron suggested we use science to improve not only my vertical, but explosiveness, mobility, and physique. I started and completed level 1 of his leg explosiveness program this summer. **I'm happy to report my standing broad jump increased over 20 cm and my vertical increased by 4 inches in just 3 months!** I'm looking forward to level 2. As an aside Aaron and I continue to play basketball and workout together. It was a big benefit to me that he played college basketball as we were always on the same page as to my physical goals. I highly recommend Aaron and his program if you are looking to improve your mobility and explosiveness."

- Ty Schaafsma, Charleston Southern University Basketball, 2020

"Aaron worked with my son, Ty on improving his explosiveness and vertical jumping ability using level 1 of his leg explosiveness program. It is so much more than just box jumps and calf raises. He introduced all kinds of stretches, and strength exercises to build up the body for endurance along with explosiveness. The program for Ty happened recently when no gyms or workout facilities were available. He never missed a session and did numerous personal workouts right in our driveway. **He kept me informed all along the way.** I couldn't have asked for a better experience and results for Ty. I highly recommend Aaron if you are looking to maximize your explosiveness potential using proven scientific training."

- Doug Schaafsma, Ty's Father, 2020

"I have been playing basketball for as long as I can remember. I will be continuing my basketball career at Emory and Henry College. When I first started training with Aaron, I wanted to become stronger, more explosive, and more fluent in my movement. I began the program with back and knee pain, so I was unsure how my body would respond. **The program got rid of all of my pain, and made my back and knees a lot stronger.** After completing level 1 of the strength, power, and plyometric phases my standing vertical increased by 3 in, my 2-step vertical jump increased by 2 in, and my broad jump increased by 35 cm. **Standing at 5'9" I can now dunk!** I decided to continue after level 1 with a 3-week barbell strength phase. With these 3 weeks being my only experience lifting with a barbell, I maxed out at 275 lbs for back squat, and 295 lbs for my deadlift. Aaron has taught me many things throughout these last couple of months and I highly recommend him."

- Patrick Antonelli, Emory and Henry College Basketball, 2020



"Working with Aaron over the off-season taught me not only how to improve my explosive skills, but also to keep improving them. He is a trainer that **produces real results for his clients** and also for himself. He taught me the proper mechanics for everything, including lifting weights, stretching, and jumping. Overall, in order to increase explosiveness, I believe Aaron is the best man for the job and I look forward to working with him again this off-season."

- Kaleb Grieco, Wando High School Basketball, 2020

"I heard about coach through one of the seniors on my high school basketball team. He said Aaron was the man to go to for training. There were rumors of great improvements to athletes' vertical and overall athletic ability. The rumors were true. **With just doing the shortened version of the program I gained 2 inches for my vertical and my athleticism boomed.** I plan on doing the full program as soon as I get a chance and I know it will help me greatly. I highly recommend Coach Aaron."

- Malin Allard, Lucy Beckham High School Basketball, 2020



After I finished my senior year of high school basketball season, my knee was in terrible condition. The whole season I was battling patellar tendonitis and putting any pressure on my left knee caused serious pain. The summer before my season and the days leading up to the season, I received constant treatment, but all methods proved ineffective or little improvements. Once I began working with Aaron my knee pain began to diminish each week. By the end of my training, I could play basketball with zero pain in my knee and without any kinesio tape. Not only did my knee feel great, but also my vertical, speed, and mobility increased drastically. **I was unable to dunk before training with Aaron due to pain in my knee, but I was able to throw down a windmill dunk before even finishing the program.** My standing broad jump increased from 235 to 280 cm. My standing vertical increased from 30" to 32". My max vertical increased from 36" to 38". The results were taken mid-way through the program and I was unable to record a final test due to leaving for Maryland. Aaron developed a three-stage plan and thoroughly thought out each workout to reach maximum results before I had to leave for Maryland over the summer. As a D1 basketball player, I can say with no hesitation that Aaron is as qualified as it gets. He helped me physically and mentally prepare for the tough tests of playing D1 basketball at the University of Maryland. I would highly recommend Aaron if you are looking to improve not only your vertical, but speed, agility, and mobility as well.

- Aidan McCool, University of Maryland Basketball, 2020

## Contact Information

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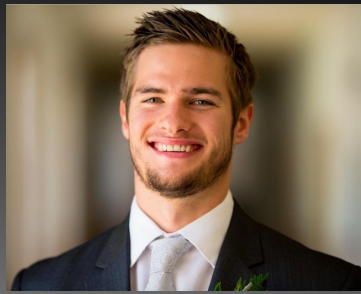
The Jump Doctor

Elevate Sports Performance LLC



# Aaron Brown

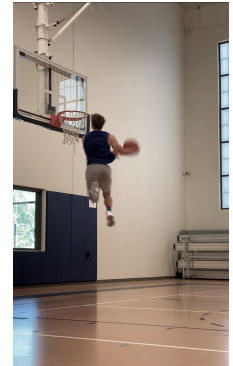
The Jump Doctor™



## Credentials

DPT – Doctor of Physical Therapy  
PT – Licensed Physical Therapist  
XPS - EXOS Certified Performance Specialist  
CSCS - Certified Strength & Conditioning Specialist  
SCAT - State Certified Athletic Trainer  
ATC - Certified Athletic Trainer

## About Me



Growing up in Charleston, SC, I played basketball at Wando High School. Over my high-school years, I participated in just about every sports performance program available. Experimenting over the years on my own body, trying to obtain the competitive edge. This allowed me to learn what worked and what didn't for improving my athleticism.

**From there I began my higher education to understand and continue to apply the scientific principles that set certain athletes apart.** I obtained my undergraduate degree from Erskine College, where my wife Amelia and I majored in Athletic Training. After graduation, we moved to Thomasville, GA where we both worked as Head Athletic Trainers at rival high schools: Bainbridge High School (Aaron) and Thomas County Central High School (Amelia). While operating under the umbrella of sports medicine, I decided that I wanted to further my education in physical therapy.

In May of 2018, we moved to Charleston so I could attend the Medical University of South Carolina to attain a Doctorate in Physical Therapy. During the program, I worked as a part-time athletic trainer for MUSC Health Sports Medicine, covering College of Charleston club sports, local high school sporting events, and the Volvo Car Open.

As I began learning movement, strength and conditioning principles, and physical therapy techniques I started developing programs for myself to improve explosiveness. As I began cycling through the different programs that I developed, I started to notice that I was obtaining some serious results! Throughout college, I may have been able to dunk on a really good day, and at that, it was not impressive. Now, I can perform 360 dunks, windmills, and a variety of alley-oop dunks. However, the most significant improvement was the way I felt. **Lingering pains from the wear and tear of my basketball career started to go away.** The mobility portion of these programs freed up my hips, knees, ankles, and spine to move more efficiently on and off the court.

In April 2020, the COVID quarantine caught up to us. My wife and I were both furloughed from work. I remember sitting at the dinner table with notes for final exams spread out, wondering "what are we going to do?" So, I started Elevate Strength Power Plyometrics (ESPP); utilizing the things that I learned, researched, and applied to train athletes. After a few months of training, I rebranded, and on September 11, 2020, **Elevate Sports Performance LLC** was established.

As a sports medicine health professional, strength and conditioning specialist, and physical therapist, I have a passion to help athletes maximize their athletic potential with proper mobility and training programming.