



NAME: _____

PERSONAL RECORD SHEET

Enter the date and number of repetitions across the top of each column and then record the height of your best jump for that date below.

Date												
Number of Repetitions												
Standing Reach												
One-Footed (Left)												
One-Footed (Right)												
Standing Jump and Reach												
Approach Jumps												

Instructions:

Using the SkyMeter, perform 4 sets of 10 jumps with each of the drills for a total of 40 jumps. The key for each set of jumps is to start off slow and to reach for the highest point possible on the SkyMeter each time. You should reach this point by the 2nd or 3rd jump in each set. Finish off each set of 10 reaching as high as possible with each attempt. Keep your eye on the SkyMeter with each jump so that you can visualize your goal and develop your hand-eye coordination as well. Repeat these drills every other day and monitor your progress using this Personal Record Sheet. You can increase the number of repetitions per set as needed as you increase your strength. Additional copies of this sheet are available at www.sky-meter.com. As with any exercise program, before using the SkyMeter, make sure that you properly stretch and warm up, and that you have plenty of room to take off and land.