

Five Techniques, One Principle, And A Scheduling Problem

The Movement System, *Top 5 Tips from Guinness World Record Vertical Jumper* (YouTube, 9m12, captions)

TLDR / 80-20

Train for power, not volume — and stop the volume from eating the power.

Low reps moved fast. The failure mode is not a missing exercise, it's a bodybuilding week with a jump day bolted onto it.

The Keys

1. The five techniques, and what each is for.

Extensive plyometrics — sub-maximal rhythmic hops, five minutes daily, to condition tendons for the maximal work. **Overcoming isometrics** — push an immovable rack at full effort, 5 sets × 5 seconds, training the ramp-up to a truly maximal contraction. **Quarter squats**, explosive and shallow. **Approach practice** — dunking is its own skill. **Unilateral strength** — Bulgarian split squats and single-leg calf raises, moved fast.

2. The principle only arrives at the end: low reps, high speed.

Hamstring curls at **3–4 sets of 2–4 reps**, not 3×10 . "We don't want to be doing too much volume — we really want to be focused on power output and high force production for fewer repetitions." Every one of the five techniques is an instance of this. The list is the surface; this is the rule.

3. The claim worth stealing is about the calendar, not the gym.

A high-volume Monday costs you Tuesday's jumps — "you're not going to be jumping as high as you would expect, because all that strength training volume is going to be holding you back." Bolting a plyometric day onto a bodybuilding split produces **no change at all**. That is a statement about *interference between sessions*, and it is the only part of the video that would rearrange a week.

4. Counter-intuitive enough to flag: partial-range squats beat full ones here.

Quarter squats are avoided because they look like you can't squat deep. He cites Olympic sprinter Simon Hanson using them **more than full-depth squats**, keeping full range for a few off-season months. The stated purpose is transfer — deep-squat strength doesn't reach the jump by itself.

AI's Take

The evidence is weak and the incentives are visible. It never states the world record, never gives Darius Clark's actual vertical, and cites "a lot of good research" on quarter squats without naming a single study — then closes on a \$20–40/month training app. Authority is asserted throughout; nothing is measured.

The *content* is conventional strength-and-conditioning, and the reason to keep it isn't the five tips — which you can find anywhere — but the interference claim, which most programmes quietly violate.

One line to keep: **adding a session doesn't add an adaptation if the session before it already spent the budget.**