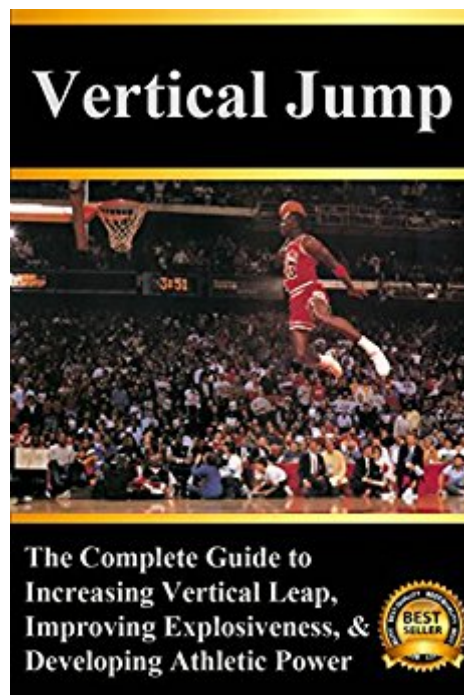


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# Vertical Jump: The Complete Guide To Increasing Vertical Leap, Improving Explosiveness, And Developing Athletic Power



## Synopsis

The Most Effective and Complete Guide to Increasing Vertical Leap, and Rapidly Enhancing Explosiveness

A high vertical jump is one of the most sought after qualities in the entire athletic world. Whether you are a track and field athlete, basketball player, running back, or even a powerlifter, the ability to produce high levels of power is critical. In fact the vertical jump is an excellent measure of their power and is widely used as a performance test. Furthermore, an athlete's vertical leap effectively demonstrates exactly how explosive and efficiently they can use their strength in athletic movements. At the NFL combine, the single best predictor of success is actually the vertical jump, and that is precisely why it is specifically tested. This book details the most powerful methods for increasing vertical leap, power output, and athletic explosiveness – but these methods will go much further, causing rapid fat loss and all round athletic development. These are the same methods used by top Olympic athletes, coaches, and nutritionists that I have personally trained and consulted with. I can guarantee that if you follow these ideas and begin to apply the various principles and workouts, you will be jumping higher – a lot higher.

**You Will Learn:**

- 1) Correct Jumping Technique – The Most Crucial
- 2) The Most Effective Workouts to Significantly Increase Your Vertical Leap
- 3) Offseason Programs
- 4) Competition Programs
- 5) Strength Training Methods to Amplify Force Production
- 6) Plyometric Workouts to Enhance Power Output and Explosiveness
- 7) Conditioning and Fat Loss
- 8) Nutrition for Top Athletic Performance
- 9) A Complete Guide to Supplements and Ergogenic Aids that are Proven to Increase Jumping Ability
- 10) Much, Much More!

## Book Information

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A lot of content is just the same text, absolutly the same; or almost the same the with minor differences regarding to jump.Good. But I dislike this approach of "copy & paste". Not sure what book came first.

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