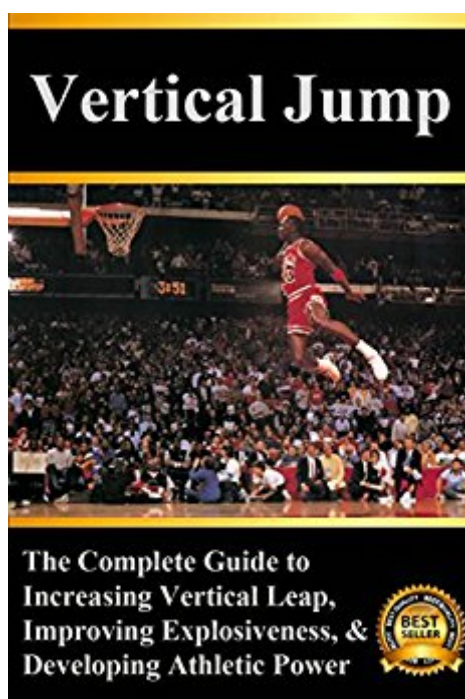


The book was found

# 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

File Size: 790 KB

Print Length: 31 pages

Publication Date: September 16, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NO1A4RQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #658,168 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30  
inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Volleyball #70  
inÂ Books > Sports & Outdoors > Other Team Sports > Volleyball #264 inÂ Kindle Store > Kindle  
eBooks > Nonfiction > Sports > Basketball

## Customer Reviews

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.

[Download to continue reading...](#)

Vertical Jump: The Complete Guide to Increasing Vertical Leap, Improving Explosiveness, and Developing Athletic Power How to Dunk if You're Under 6 Feet Tall - 13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks (Vertical Jump Training Program) Jump Attack: The Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the Pros Focus: The Practical Guide to Improving Your Mental Concentration, Killing Procrastination and Increasing Productivity (The ultimate guide to mental concentration, influence, time management) Defying Gravity: Improve your vertical jump and more for volleyball Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction (Professional) Vertical Gardening: The Definitive Guide To Vertical Gardening For Beginners. (The Definitive Gardening Guides) Vertical Gardening for Beginners: How To Grow 40 Pounds of Organic Food in a 4x4 Space Without a Yard (vertical gardening, urban gardening, urban homestead, ... survival guides, survivalist series) Vertical Gardening: Growing Your Dream Garden with Much Less Space! (Vertical Gardening, Gardening, Mini-Farming) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Improving Inter-professional Collaborations: Multi-Agency Working for Children's Wellbeing (Improving Learning) Piano Sonatinas - Book Three: Developing Artist Original Keyboard Classics (The Developing Artist) Developing Gestalt Counselling (Developing Counselling series) Quantum Leap: In Speed to Market The Must Have 2016 Sudoku Puzzle Book: 366 puzzle daily sudoku book for the leap year. A challenge for every day of the year. 366 Sudoku Games - 5 levels of difficulty (easy to hard) Leap of Faith: Memoirs of an Unexpected Life The 5000 Year Leap Stag's Leap: Poems Leap (Breakthrough Book 2) An Evolutionary Leap: Colin Wilson on Psychology

[Dmca](#)