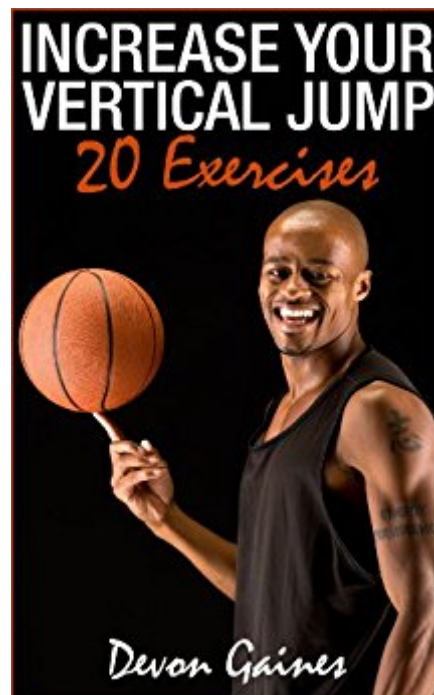




The book was found

Vertical Jumping: 20 Exercises - How To Increase Your Vertical Jump (How To Jump Higher - How To Jump High)



Synopsis

If you want to increase your vertical jump, you will need to practice exercises that make you stronger. In order to jump higher, you must add strength to your core. It's not just about the vertical jump, after all - it is about your overall athletic body. You must gain more muscle to push yourself higher. If you want to make the jump shot in basketball or the bicycle kick in soccer - you have to increase your vertical jump. Here, in this jump higher book, are 20 exercises that will allow you to strengthen your body and help you to reach the height you have been dreaming about. These exercises will help you exercise and learn to jump higher! Don't waste your money on a jump higher book that only gives you 5 or 7 exercises when you can get 20 solid exercises right here. There is no quick fix that beats out exercise. You have to put in the work to reap the benefits. If you want to know how to jump high, look no further than the exercises in this book. So, the question is: Do you want to add to your vertical jump? Learn how to jump higher today. If the answer is YES - Then check out these 20 strength training exercises that will make it happen! You will know how to jump high!

Book Information

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Customer Reviews

This is the perfect book for anyone who is looking to improve their basketball performances, or even just their general level of athleticism. After an introduction into the physics involved it goes on to explain 20 different exercises that can help strengthen your core and improve your vertical jump. I play a lot of soccer so I'm sure it will help me with this!

The exercises are easy to do with minimal equipment. The book is very useful in understanding the muscle groups involved with jumping.

Vertical Jumping by Devon Gaines has great concepts on jumping higher. Knowledge is power and this book delivers. Thumbs up from me!:)

Be warned: No pictures showing the exercises, just texts. After reading it, you have to search on the internet and YouTube to understand the moves. But I still think it is a good book and recommend it because of the rich knowledge on the topic shown by the author.

My son asked me to get book to help improve his jump and was thrilled with the terrific tips it gave him. According to him, this book covers all the important basics and is a must-read for anyone looking to increase their athletic performance. The exercises are described in a clear, easy to follow manner...and now that I've read it as well I'm happy to say, I understand more of what my son is always going on about! ;)

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