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The Vertical Jump Development Bible Kelly Baggett, 2006-03 The definitive how to manual on vertical jump improvement Performance Coach Kelly Baggett shows you exactly how he increased his own vertical leap by 20 inches and how you can increase yours too Over 20 scientifically ground and battle tested programs for athletes of all ages and levels of advancement Whether you re male or female 12 yrs old or 50 you will learn how to get the most out of your training and how you too can gain consistent vertical jump improvements of up to 20 inches or more Daily Exercises to Jump Higher and Dunk: Plan and Document Your Exercises, Progress, Results and Training with This 120-Page 6x9 Manual Jumpin Journals Publishing, 2019-03-04 TO FIND SUCCESS WITH EXERCISING AND JUMP TRAINING YOU NEED TO MEASURE YOUR DAILY ROUTINES PROGRESS AND SUCCESS This jump training journal will help you document your daily weekly and monthly success through the use of organized training sheets that allow you to fill in the date exercises instructor techniques notes and more Fill in each of these sheets and you will be much closer to hitting your vertical leap goals and even dunking the basketball for the first time or pulling off some high flying dunks that you ve always been trying to accomplish By documenting your progress and strength training this will allow you to see improvement and results over the time The more you understand which exercises are working best and that you have documentation of your results over time the more likely you are to hit your goals This jump training manual and journal is perfect for anyone that plays basketball has an interest in jumping higher or simply wants to get in better shape It also makes for a a great Birthday Father's Day Mother s Day Christmas or Graduation gift Size 6 x 9 in 120 Pages Matte soft cover Printed on white paper Show Jump Manual ,1985 The Vertical Jump Secrets Scottie Flippen, 2016-12-21 All the secrets to jumping higher Learn how gain 10 12 inches on your vertical jump Learn exactly how to dunk a basketball A must for anyone looking to improve their vertical jump How to Jump Higher James A. Learn the exact secrets that the professionals use to increase their vertical jump Peterson, Mary Beth Horodyski, 1988-01-01 Discusses the mechanics of jumping explaines its role in sports and offers advice on strength training and exercise drills **101 High Jump Drills** Cliff Rovelto, Gwen Wentland, 2008 Anyone who is interested in the high jump event or is interested in teaching and coaching others or is wishing to jump higher themselves is

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