

Sky High: How to Increase Your Vertical Jump by 12 Inches

Have you ever dreamed of jumping higher than ever before? Of soaring through the air with ease, dunking on your opponents, or simply impressing your friends with your athletic prowess? If so, then you're in the right place.



Sky High: How to Increase Your Vertical Jump

by Adrian Lobley

★★★★☆ 4.3 out of 5

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In this comprehensive guide, we'll share everything you need to know about increasing your vertical jump. We'll cover the most effective plyometric exercises, strength training routines, and nutritional strategies that will help you reach new heights.

Step 1: Plyometric Exercises

Plyometrics are explosive exercises that involve jumping and landing. These exercises help to develop power and explosiveness in your muscles, which is essential for a high vertical jump.

Here are some of the best plyometric exercises for increasing your vertical jump:

- Box Jumps
- Depth Jumps
- Squat Jumps
- Lunge Jumps
- Medicine Ball Throws

When performing plyometric exercises, it's important to focus on jumping with power and explosiveness. You should also land softly, with your knees slightly bent, to absorb the impact.

Step 2: Strength Training

In addition to plyometric exercises, strength training is also essential for increasing your vertical jump. Strength training helps to build muscle mass, which will give you more power and explosiveness.

Here are some of the best strength training exercises for increasing your vertical jump:

- Squats
- Deadlifts
- Leg Press
- Calf Raises
- Hamstring Curls

When performing strength training exercises, it's important to lift heavy weights with proper form. You should also focus on working through a full range of motion.

Step 3: Nutrition

Nutrition plays a vital role in your overall performance, including your vertical jump. Eating a healthy diet will help you to fuel your workouts and recover properly.

Here are some of the key nutrients that are important for increasing your vertical jump:

- Protein
- Carbohydrates
- Fats
- Vitamins
- Minerals

You should aim to eat a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein. You should also drink plenty of water to stay hydrated.

Increasing your vertical jump takes time and effort, but it's definitely possible with the right training and nutrition. By following the steps outlined in this guide, you can add inches to your vertical jump and reach new heights.

So what are you waiting for? Start training today and see how high you can jump!



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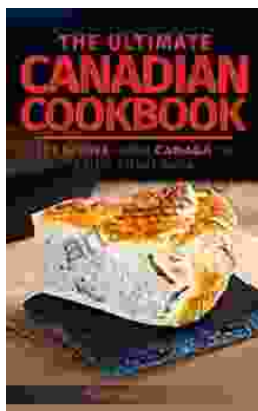
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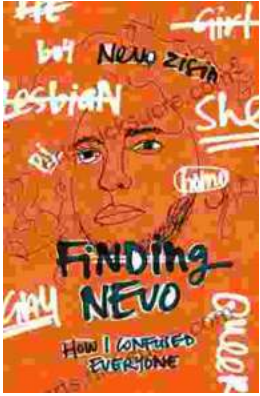
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