



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

*Devon Gaines*

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## **Vertical Jumping: 20 Exercises - How to Increase Your Vertical Jump (How to Jump Higher - How to Jump High)** Devon Gaines

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!

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