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How To Jump Higher: A complete guide on how to easily improve your vertical jump and learn how to dunk!

Michael Bennett

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How To Jump Higher

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An impressive vertical jump is one of the best attributes an athlete can possess.
A big jump shows raw power, demands attention, increases the potential of an athlete, and can even strike fear in to the opposition.

One of the most impressive athletic feats in the slam dunk. For most regular sized people, dunking is a distant dream. However, with an increased vertical jump, dunking a ball is achievable for most people.

Regardless of your reason for wanting to jump higher, this book will be able to help.

You will soon learn the fundamentals of jumping higher, and discover what training is required to meet your potential.
This book explains what types of training you must do to improve your jump, and provides a range of exercises.
Many of the exercises are suitable for beginners, and you can get started on them right away.

If you follow the tips and techniques in this book, you will be jumping noticeably higher within a few short weeks!

Here Is A Preview Of What You'll Learn...

- The perks of jumping higher
- The science behind jumping
- The key muscles used in jumping
- Exercises for improving vertical jump
- How to improve your jump technique
- Much, much more!

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Tags: jump higher, jumping, vertical jump, increase vertical jump, vertical leap, increase vertical leap, how to dunk, learn to dunk, jump higher workout, jumping exercises, strength training, plyometrics

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William Perez:

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Barbara Jones:

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