Increase Your Vertical Jump

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Introduction

Since the beginning of basketball, spectators and want-to-be athletes have watched in awe as the best players soared through the air, seeming to linger indefinitely, and dunked the ball one handed. They make it look so easy, but you know it is not. That ability is one of the essentials that separate true athletes from the average player on the court.

You have decided you want to be that quintessential athlete. You want that vertical leap which leaves your team mates and opponents stunned by your skills and asking how you did it. Naturally, your first step was to do what any other person would do on a quest to become a better player.

You have been playing regularly, but to take it to the next level have you been training hard on and off the court? Have you practiced jumping until you could do it blindfolded? Have you been jogging an extra couple of miles? Are you hitting the gym twice as much and pumping more iron?

You have probably answered yes to at least one, if not all, of these questions. After all of this extra work, you probably have not seen the results you expected. You keep trying and you cannot understand why you are not making more progress. You may be feeling very disappointed, but there is a lot of good news.

The Good News

You have come much further than you thought. First, all of that training and exercise has been very good for you and kept you in shape. You will need to change you training methods, but you are on the right fitness path.

Secondly, you have already shown the level of commitment it will take to finally achieve your goals. In fact, you may be pleasantly surprised to find it is likely you have been over training. Having a dedicated mindset will make the correct training process more productive.

Finally, if you are reading this report then you have reached an important milestone. All of your work has proved that something else has been holding you back. You now realize it will take more than spending long hours exercising to get the hang time you really want.

This understanding opens you to the idea that, in addition to altering your training program, you must also change other aspects of your life. If you think about it, you already knew this. If training the way everyone else does really worked, everyone would have a fantastic jump.
There is a lot more you need to know about how your body works. You must be able to overcome mistaken information you learned that has been a hidden obstacle so far. It will make your workouts more effective and help you better identify other areas which need improvement.

The amount of information you need to re-learn may seem overwhelming, but you should not feel discouraged. Professional athletes have a whole staff of coaches, trainers, and other experts helping them reach their goals. You would be at a great disadvantage if you had to teach yourself everything you need to know to achieve your goals. Fortunately, you do not have to.

3 Common Training Mistakes

Misconceptions about the way your body works is one of the most important obstacles you must overcome. This is especially true when it comes to physical training. Unfortunately, mistakes made during physical training can be the most detrimental to your long term success and health.

When you start working out, it is important that you never make any assumptions. Assumptions are obstacles that we put in our own path. After all, if you really knew best you would already have a fantastic vertical reach.

Do not assume you know enough about your body to forgo expert advice. Never convince yourself you know all you need to know to workout more effectively. Otherwise, you will fall victim to the most common physical training mistakes. Of the common mistakes, there are three which can make or break your success.

1. Training for The Wrong Kind Of Strength

The fact of the matter is that strength is one of the main components to the explosive vertical jump equation. You have known for a long time that if you do not have strength, you will not have lift. Under that principle, you have probably trained relentlessly trying to build stronger muscle.

Now you are stronger and you do not understand why you are not jumping higher, right? The answer is there is another part of the explosive jump equation, speed. However, speed comes from strength as long as it is the right kind of strength. This complicated principle ends up being the pitfall of many people who tried and failed to increase their vertical jump on their own.

Think about some of the strongest people you have ever seen. Bodybuilders, defensive linemen in football, and other such athletes often have a body that most people envision when they think of strength. Have you ever noticed that two could be standing side by side, both strong and rippling with muscles, and yet

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one individual would be capable of achieving a sudden burst of strength, like that
needed for a vertical jump. Meanwhile, the other has much more endurance, but
could not perform at “game speed”.

On the other hand, think of other athletes you have seen. Olympic runners do
not have the large muscle mass in the example above, but they are still extremely
muscular and toned. Once again though, no two runners have the same capabilities.
Some runners can do 26 mile marathons, but have a really slow time off the starting
blocks when tested. On the other hands, sprinters can deliver unbelievable times
in the 100 yard dash, but would not be able to sustain it for long distances.

**Type I And Type II Muscles**

Each example above is a fantastic, muscular athlete, but
their muscles are trained to perform different tasks. In
fact, they have trained certain parts of their muscles to
perform the work required. Muscles are comprised of two
types of fibers. **Type I** is commonly called the slow twitch
fiber. This is the fiber that provides you with endurance.
You use this muscle for every activity you perform, but it
is the one that provides you non-stop strength even after
hours of long work, like running a marathon.

**Type II**, also known as the fast twitch fiber, is the fiber
responsible for the bursting vertical jump you desire. Just
as it sounds, it gives you the extra quick response that you
need to play, pivot, shoot, and dunk at the game speed
you desire. When the fast twitch fibers are strong, you get a powerful burst of energy.
When you train to increase your fast twitch muscle fibers, you get maximum lift.

Both types of muscles are essential and both must be trained when working out.
However, if you are truly committed to getting a great vertical jump then you will
have to build up your fast twitch muscle mass. There has been debate for many years
over the best way to strengthen and train the fast twitch muscle fibers.

Recently, people have been finding success with a technique from Europe called
plyometrics, meaning “measurable increases”. Plyometric training focuses on
increasing the bursting muscle reaction. Unfortunately, it is often taught incorrectly
and does not deliver the intended performance boost. To truly learn plyometrics,
you cannot be self taught but should learn from a certified trainer who has mastered
the technique.

However, plyometrics alone will not do the trick. Scientists have found that
plyometrics and resistance training combined can give you twice the results, and
in less time. In many cases, people using only one technique increased their jump
height by three inches. However, athletes using both training methods increased their height by a minimum of 7 inches and some gained more than a foot.

2. **Starting With Too Much Intensity**

It is human nature to go in all the way when you commit yourself to something really important. The day you decided to take your game to the next level, you literally started going the extra mile to achieve your goal. Now that you have learned more about the right kind of physical training to do, you might be too anxious to get started and see results.

One of the biggest mistakes you can make is starting out doing too much, too soon. This is setting you up for failure. Plyometrics and resistance training is not something to be done without knowing how to begin. If you overdo it right away, you could get hurt and ultimately give up on what would have been a very successful training program.

The plyometric portion of your physical training should not even begin until you have already achieved substantial strength through traditional resistance training. No matter how physically fit you consider yourself, a good rule of thumb is to start at the lowest intensity training level if you cannot bench more than 125% of your own weight. You should increase your intensity starting point gradually by every 25% after that.

The National Strength and Conditioning Association have other recommendations to prevent from overtraining or beginning at too much intensity. For example, it is best to start your training using maneuvers or adaptations of maneuvers you are already familiar with from playing basketball. You know how these exercises should feel when you do them and will be able to identify when you are pushing yourself too hard.

Another important precaution is if you feel any unusual soreness or tiredness after starting physical training then you should make sure you rest thoroughly and train at a substantially less intensity the next time. Also, avoid starting any intense training during the season. If you are at your peak time to practice and play basketball, your body is not going to have the stamina for plyometric training and you will get hurt.

3. **Not Providing Enough Muscle Building Time**

This may surprise you, but you do not build muscle during your workout. It does not matter what exercise you are doing, from sprints to weights. That is not when you are building your muscle. In fact, that is when you are breaking down your muscle. You build muscle when you rest.

It seems contradictory, but it really is not. It is basic biology. A muscle tends to stay the same unless an outside force demands it to change. Someone who never uses their muscles will gradually lose muscle mass and atrophy. When someone demands more than what their muscle is capable of, it signals their brain to do something about it.

The only way your body can build more muscle is by breaking down the existing muscle to replace it with new, larger tissue. When you are working out, you are asking your muscle to perform a certain amount of work. If you are training correctly, you should be asking your muscles, especially the fast twitch muscle fibers, to do more work than they are capable of.

As your muscles meet this demand, they literally give you everything they have. The high demand begins to destabilize and break down the existing muscle tissue. The brain realizes you are using more muscle than you have, so it goes into action. Your brain signals the release of growth hormones that begin to circulate throughout your body. They reach the areas of your body that need repair and improvement, in this case your muscles. They utilize the proteins in your system and begin building more muscle fibers.

As you can imagine, this is not an instantaneous process. It takes a while for hormones and protein to circulate. It also takes some time to metabolize muscle building nutrients. This is why you do not actually begin building muscle until several hours after your workout. It is important to know when you are building new muscle, so you can optimize your results.

**There Is No Substitute for Sleep**

Most of these repairs and upgrades happen while you are sleeping. That is when your body is allowed to focus on this task primarily. If you do not get enough sleep, you are limiting the time your body has to build the muscle crucial to achieving a higher vertical jump.

You have to make sure you are getting enough sleep. Despite what you have been told, there is no magic number of hours everyone must sleep to get the most benefits. Some people need more and some people need less, depending on how efficiently your body works. The best way is to fall asleep early and let your body wake up naturally. Your body will tell you when it is done its work.

If sleeping until you naturally wake up interferes with your schedule and you feel you need an alarm, there is a simple way to set your alarm and still ensure you are getting enough rest. Start on the first night of the weekend, such as Friday. Go to bed early and then wake up naturally, noting how long you slept. Do the same thing the next night. Train as you normally would on these days.

On the third night, which should be the night before you return to work, go to bed earlier to ensure you will wake up on time. Wake up naturally the next morning, once again noting how long you slept. Average the total of the three nights and you have the total hours you should sleep every night to build the most muscle.

But You Also Need Non-Sleeping Rest

Unfortunately, your body may not be able to completely finish building the new muscle while you sleep. This is especially true if you have been doing the intense exercises you need to do to get a higher jump. Your body is going to need more rest to construct stronger muscle.

If you over exert your muscle before it is fully built, you will not get a strength increase. In fact, you risk using up more muscle than you will rebuild. It is best if you give yourself a moderate activity day the next day. In fact, after a very intense plyometric session, it is recommended you give yourself 48 to 72 hours before doing it again. Resistance training should be done on at least a one muscle group per every 5 days cycle, to let your body fully recover.

However, you do not want to be sedentary. Light exercise that does not strain the muscles should be enough to keep you in shape and building muscle. The day after, you should be right back to full training.

Another common rest and recovery related problem is not listening to your body. If you are very active and in shape, it is not laziness to feel you are too tired to train. That is your body telling you it is not done with muscle building and repairs. Perform a light exercise at about 40% of the normal intensity. If you feel you can continue, then do so. If you feel you are straining yourself, then take the rest of the day off.

3 Ways You Are Mentally Grounded

Changing aspects of your physical training will get you far, but not as far as you want. There are so many other factors that play a role in how much lift you will gain. Another important part of that equation is your mental outlook.

You have heard the term “get your head in the game.” This pertains to more than your game time because your thought process off the court is just as important. Your form, your reflexes, your instinct, your training commitment, and even your body’s ability to grow muscle all begin as a thought.

As you read earlier, some of the worst obstacles you will face are of your own creation. This does not simply apply to mistaken information you learned along your way or even following incorrect advice. It is your mental outlook and the first thoughts that instinctually occur when you practice or do a vertical jump. The wrong mental outlook can ruin your game and keep you grounded, the right one can give you more inches than you ever imagined.

Mental outlook can cover a lot of topics, from how you envision yourself as an athlete to how much you let daily stress affect your performance. While everyone is unique, many people fall victim to the same problems. The following three tips are some of the worst self-inflicted obstacles that stand in your way.
1. Letting Genes Stand in Your Way

Unfortunately, it is human nature to first believe something is impossible. This is especially true when you can easily find “evidence” to prove your belief. It takes substantial effort to overcome this instinct.

What is the first thought when you see someone lift several feet off the ground and slam the ball through the hoop? Do you say to yourself “I can do that, I just need the right training” or do you say “they have something I don’t.” Too frequently, the latter is the answer.

You may examine the other players, determined to find something that sets them apart from you. Maybe they came from a naturally athletic family. Maybe they were born with more natural strength than you were. Maybe they naturally have a better metabolism.

The truth is these are just excuses that you tell yourself to make failure acceptable. Your height does play a role in how close you are to the goal when you begin your jump. However, unless you were born with a substantial physical or mental handicap, there is nothing preventing you from achieving an explosive vertical jump that is several inches higher than your current jump.

Athletic ability is completely in your control. The more you train correctly, the greater ability you will have. The more you strengthen and build fast twitch muscle fibers, the more you will be able to burst upward with great velocity. The more healthily you live and eat, the better your body will metabolize muscle building nutrients. Your fitness, speed, and muscle mass are entirely within your control, not your genetics.

For that matter, you should not let your gender stand in your way either. Though women tend to have a smaller frame than men, they can build muscle equally. They can exert the force of that muscle equally. A woman can increase her vertical jump just as much as a man.

2. Punishing Yourself

Your day was overly hectic and you had to cut your training session short. Your friends invite you out for a special event, and you skipped the workout all together. You went out to your favorite restaurant and could not help but indulge.

Now, you believe you have taken a step or two backward. You feel you have let yourself down and are punishing yourself. You are determined to make up the missed time, pushing yourself harder and longer and harder. You convince yourself those extra calories are going to be your downfall, so you starve yourself the next day and spend an extra hour or two at the gym.
These are all very normal circumstances that are bound to occur, or at least something similar, several times on your fitness path. It is part of the process. Having a better vertical jump or simply being in fantastic shape does not mean you have to live a life full of sacrifices.

Experts recommend that you not try to make up for missed training days or extra calories. In fact, pushing yourself beyond the normal intensity makes it more difficult for your body to repair and build muscle on the regular training schedule. You are more prone to injury. Instead, you should follow your original diet and training schedule and pick up the program where you left off. If it is an infrequent event, your body will not become weaker or slower from this momentary lapse.

However, if missed days and overeating become a regular occurrence, it may be your body trying to tell you something. If tiredness is your excuse, then you are probably training too intensely. If you cannot seem to fit in the time needed for your training, it may be a sign you are not ready for the commitment, which is okay. You do not want to set yourself up for failure or cause undue stress. Instead, keep in shape and keep playing until you reach a point where you are ready for that level of dedicated training.

3. Lack of Mental Imagery

In this case, it is not a thought in your head holding you back. It is the exact opposite. It is what you have failed to think, or believe, about yourself that is keeping you grounded.

When you picture the perfect vertical jump, what do you see? Do you see the latest basketball star? Do you see the player you idolized in your youth? Do you see a peer whose skills you have always envied?

The answer to that question may be the most important you will ever answer regarding your game. If you are not seeing yourself making the perfect vertical jump, you are never going to do it. It is called mental imagery and it is the most powerful weapon you have against any obstacle standing in your way.

Of course, mental imagery is a confidence boost. Picturing yourself getting the most vertical reach will help you stay committed to your goals. However, mental imagery is more significant that simply keeping you focused and on track.

You can perform endless jump practice day after day, making thousands of jumps per week. However, none of that will have as much impact as spending half of your practice time repeating those jumps in your head. The actual jump happens
very quickly, but in your mind you can take it apart piece by piece. Think about your form. Think about the footwork you used to gain velocity. Pay attention to the small details, because even the smallest mistake in form and movement can sacrifice several inches gained.

A recent study on plyometrics revealed that muscle activity and signaling is exactly the same when you think about an activity as it is when you do the activity. Throughout the mental imagery, your muscles are being recruited the same way they would be when you perform the jump. The same neuron firing pattern occurs.

Only this time, in your head, you are mentally practicing with the correct form. This means that the exact muscles and exact neurons you will need to achieve the perfect jump are being trained to give you the right form on instinct. When followed up with real practice, you are cementing your muscle’s quick, strong, and accurate response.

The Rest of the Equation

You have learned about some of the misconceptions regarding your physical and mental training that prevent you from gaining the inches you want. There is still a lot more you need to know about both of those topics. However, even after you master those topics, your vertical jump equation is not complete.

The Answer? A Complete Training Program

Now you know why just spending hours at the gym will not give you the results you want. You have learned about plyometrics in combination with resistance training, but you should know it is most often taught incorrectly. The only training methods you can count on are those taught by someone who has achieved substantially increased vertical ability using plyometrics.

Staying in the right frame of mind can be difficult and it is easy to lose focus. It is essential that you learn how to stay on track mentally. You need to learn how to envision the perfect vertical jump. You need to know how to stay motivated and accept that your success is completely within your control. You must learn how to control the other aspects of your life that are impacting your jump. A training program that does not also address these very complex issues is not going to deliver you the results you need.

The ideal training program will cover these issues and so much more. It will teach you the diet and nutrition secrets that set true athletes apart from the rest. You will learn how lifestyle choices can immediately impact your progress. The ideal program will provide you with a way to measure your progress and easily notice deficits, making the experience more enjoyable and less likely to fail.

Essentially, the answer you are looking for is a complete training program that will help you overcome obstacles in all areas. Jacob Hiller is a personal trainer specializing
in performance enhancement and he can offer you this complete training program in The Jump Manual. Using the techniques detailed within the Jump Manual, Hiller was able to add over 12 inches to his vertical jump.

Hiller’s goal in The Jump Manual is to decode all of the secrets to achieving a maximum vertical jump. Hiller’s method of physical training, the Overload Principle, is a plyometric and resistance program based on teaching your slow twitch muscle fibers to act more like fast twitch muscle fibers and to give your fast twitch fibers explosive power. He will also teach you training alternatives to the gym, making the exercise more feasible and increasing your success. He will teach you to train at the intensity you need to get maximum results and stay injury free. Even more importantly, the Jump Manual will help you perfect your form giving you perfect lift.

Hiller does not stop at physical training. You will also learn which foods build muscle, and how to time your meals for peak results. Using his method of charting your progress and comparing it against other trainees, you will learn how to modify your program and tailor it to your unique circumstances.

The goal is simple. Stop being frustrated at your lack of results so far. Forget anything you thought you knew about your body, training, and the vertical jump. Open yourself up to new training ideas and different concepts about fitness. If you do this, you can overcome the obstacles in your path and get an extreme vertical jump.

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