
GAME
CHANGERS
THE MOST
POWERFUL
VERTICAL JUMP
TRAINING
METHODS KNOWN
TO MAN
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GAME CHANGERS

THE BEST VERTICAL JUMP TRAINING METHODS KNOWN TO MAN

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FREE PREVIEW OF GAME CHANGERS: THE MOST POWERFUL JUMP TRAINING METHODS KNOWN TO MAN

What you are reading is a free preview of the vertical jump training book Game Changers. The full version of this book contains detailed descriptions of the most effective training methods for increasing an athletes vertical jump.

Each of the methods in the book addresses one or more common weakness that athletes looking to jump higher have. The training methods have been developed and validated both scientifically through research, and practically through many hours of testing, monitoring, and fine tuning on athletes such as yourself.

Each of the methods also comes with full workouts so you can see how to implement it into your own training in order to get the best results.

This free preview is designed to give you an insight into the level of research and critical thought that has gone into writing this book, and also how I have translated that into user friendly information that you can try for yourself.

I hope you enjoy this preview and I am sure you will LOVE the full version.

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The information in Game Changers is very powerful. The training methods produce truly incredible results. If you want results unlike anything you have ever seen before you really should check it out.

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CHAPTER 11: STRETCHING AND SINGLE LEG TRAINING FOR ATHLETES WHO HATE STRETCHING AND SINGLE LEG TRAINING

If I had to say what two of the most common things related to athletic training that people really hate doing they would hands down be stretching and single leg training. Sure there are some people who love one or even both of them, but the vast majority of athletes I have known seem to genuinely loathe doing either of these.

Why is this so? If I can speculate here for a minute I think that people don't like stretching for a number of reasons. For a start, if you are very tight (ironically often from lack of regular stretching) it starts to hurt even using small ranges of motion on the stretch. This is noticeably obvious in the hip flexors/psoas region (from here on referred to as the hip flexors for simplicity's sake), which almost everyone seems to have issues with.

Also many athletes, particularly recreational ones, only have so much time in their day to devote to their athletic pursuits and the reality is that many such athletes view stretching as not an efficient use of their time. After all how can doing a bit of stretching be more beneficial than an extra couple of sets of squats, sprints, or jumps?

As a result the first thing to go in most peoples training regime is spending time after their workouts or before bed to properly stretch the muscles.

Stretching: Sorry, too boring for most people!

What about single leg training? Why do so many people hate single leg training? Well, much like stretching, for the tight athlete, single leg training can really expose how little range of motion you have and when you start to do the single leg lifts, it can and often does hurt.

Another issue is that lunge variations (especially walking lunges), and split squats place quite a lot of eccentric stress on the working muscles, particularly the glutes and hamstrings. This generally results in some epic levels of soreness when you first include either of these in your program.

I know I am not the only one who has experienced great difficulty sitting down for a few days after doing some heavy walking lunges and even now the thought of doing them sucks.

Another reason people don't like performing single leg training is because it can be quite a hit to the ego, especially if you are used to squatting and deadlifting some pretty large loads. I have seen guys with 200kg+ (440lb's) deadlifts struggle to balance properly while performing rear foot elevated split squats while holding onto a pair of 20kg (44lb's) dumbbells.

Now quite obviously getting an athlete to dedicate time to both stretching and single leg training for a few weeks will help them quickly improve range of motion, and overcome their balance issues, but the reality is most don't like allocating the time to do the stretching, nor do they like having to endure too much of a learning curve to master the single leg movements before they can add significant loads.

This leaves a coach with two options. First you can insist they do it anyway and hope that in their spare time your athlete sticks to the stretching they are supposed to be doing.

Or second, you can take a different approach entirely and incorporate the stretching ***WITH*** the single leg training during the workout itself. This approach, when done right, is a great way to free up the hips and leads to some pretty cool improvements in your athleticism.

Before I get to the actual training technique though, I just want to touch on why freeing up the hips is so important for athletes.

It is my honest opinion that one of the most common causes of non-acute injury and reduced performance amongst modern athletes is the combination of hip tightness and glute inhibition. These two things are related and they do a great job screwing things up for the other joints and muscles. Why is this so? Well mostly it is to do with all the sitting we do these days.

We spend HOURS in a sitting position. We sit on the couch, we sit in the car, we sit at work and at home in front of a computer. If you are a student you sit at school, you sit playing video games, and you sit at a movies. Modern day humans basically sit all the damn time.

In fact a study done by Vanderbilt (from my beloved city of Nashville, TN no less. Shout out to the Commodores) determined that the average American adult spends about 7.7 hours per day sitting[1]!

So what are the implications of all of this from a performance point of view? Well being seated all day long basically has your hip flexors constantly flexed (shortened), and your glutes constantly extended (stretched). Over time this can and does lead to chronically tight hips and lazy or misfiring glutes.

Having tight hips and lazy glutes make it much harder for an athlete to achieve a powerful hip extension which is so vital for jumping high. From the anterior (front) side of things, every time you go to jump your tight hip flexors act like the bodies hand brake and inhibit your ability to achieve full extension.

Meanwhile in the posterior, your glutes which have been in a stretch position for hours, are now so relaxed that they aren't firing on all cylinders either. This means that even without the hip flexors being tight, you still wouldn't be generating maximal power.

A big jump requires a powerful hip extension

Aside from a reduction in muscular power when you jump, there is a potentially more serious issue from the glutes not being engaged effectively. The other issue it creates is with what occurs in your joints when you land. I touched on this briefly in the previous chapter but it is worth mentioning here again. In the landings of jumps there are high levels of eccentric force to be absorbed. Without the glutes doing their job properly you will find a lot more of those eccentric forces are distributed through the knee and ankle joints, and less so through the hips.

[1] Amount of Time Spent in Sedentary Behaviors in the United States, 2003–2004, Matthews, Charles et al, American Journal of Epidemiology, Feb 2008

All this extra pressure going through those two joints can quickly lead to overuse injuries that could otherwise have been avoided.

It is also worth noting that the issues caused by long periods of sitting down aren't just limited to reductions in athletic performance. Sitting can cause postural issues such as excessive anterior pelvic tilt, lower back pain, rounded shoulders leading to tight pecs and shoulder impingement problems, and also a forward head posture which can then lead to neck pain and headaches.

Postural issues aside, long periods of sitting has also been shown to increase the risk of high blood pressure, high blood sugar, excess body fat, and even an increased risk of death from cardiovascular disease and cancer! So you really should get off you backside more often.

So what can you do about it? Well the obvious solution is to spend time on stretching and loosening those tight hip flexors and performing exercises that actively engage the glutes. However this doesn't really address the underlying problem that too few people have the necessary discipline to train the single leg lifts and spend extra time stretching.

For those athletes that are less inclined to take the necessary steps to help fix their hip tightness issues I may have found a solution.

That solution is to incorporate the stretching into the lifting itself. But there is a further twist that can be implemented in order to truly maximize your training time and that is the use of occlusion techniques (or Kaatsu/occlusion training, or blood flow restriction training as it is also known).

Occlusion allows an athlete to get strength gains that are similar (or even better) to traditional heavy lifting while using much lighter loads. Seriously!

What is occlusion training you ask? Occlusion training is where you use a tourniquet to restrict blood flow (hence its AKA as blood flow restriction training) to the working muscles during the set.

Restricting blow flow to the working muscle can help build strength using lighter loads.

The idea behind occlusion training is that by restricting the blood flow to the muscles you are also restricting the oxygen supply. This forces the muscles to recruit the Type 2 muscle fibres (i.e. the fast twitch fibres. YES they are the important ones for jumping high!) earlier in the set using much lighter loads. Normally the Type 2 fibres are recruited only when you go to failure or use very heavy weights (greater than 80% of your 1RM).

A typical occlusion session involves picking the muscle group you want to train, wrapping the tourniquet around the top of that muscle to restrict the blood flow, and then performing 3-4 sets of between 20-30 reps using a light weight. Rest periods between sets are usually quite short at around 30-45 seconds.

The next question is how can you apply this idea into increasing your vertical jump? The answer I have come up with is through the combination of low load-high rep occlusion training and the use of the exercise known as the Bulgarian split squat (or rear foot elevated split squat – RFESS, or for sensible people who don't like using lots and lots of words, just the split squat).

Why the split squat? The split squat is not only an awesome single leg strengthening exercise in its own right, but it is also a very effective way to stretch the hip flexors. The pictures below show a good split squat with the bottom position providing a terrific hip flexor stretch.

Split Squat: Awesome hip flexor/psoas stretch and single leg strength builder

ANOTHER BENEFIT OF OCCLUSION FOR JUMPING ATHLETES

Aside from the great stretch of the split squats freeing up the hips, and the decent strength gains it can help produce, there is another benefit that is definitely worth mentioning as it is particularly relevant for jumping athletes.

You see using occlusion methods means using **MUCH** lighter weights. Lighter weight means less stress on the joints. This is especially helpful for jumping athletes who through heavy strength training and high intensity jumping drills are regularly placing a great deal of stress through ankles, knees and the hips. As a result they have a much higher risk of joint related injury (they don't call it Jumpers Knee for nothing).

If an athlete has some form of joint pain, blood flow restricted split squats using light loads are a great way for them to increase strength and mobility while giving their aching joints a rest.

HOW I USE OCCLUDED SPLIT SQUATS

The way I use this technique for people wanting to jump higher is to include it as the second exercise in their strength based training session. The first exercise is usually a regular compound lift (a squat or deadlift) using loads in the traditional 70-85+% range, and then **AFTER** they have completed that, I follow this up with the occlusion based split squat.

I will usually only have them do at most 3 sets of between 15 and 25 reps, which is lower than the usually recommended 30+. The reason for this is that I like the athlete to take more

time on each rep and placing greater emphasis on contracting the glutes and holding in the stretch position at the bottom for a 3 count as a means of opening up the hips and teaching the glutes to fire.

Doing an isometric hold at the bottom of the rep provides **yet another benefit for jumping athletes** as well.

The isometric hold helps develop strength around the knee joint at an angle which is similar to an athletes take off angle. As mentioned several times throughout this book that is the weakest part of an athletes jump, and particularly for single leg jumpers, it is the area they most need to improve.

So each rep looks like this. Control the descent into the bottom/stretched position. Hold it there for a count of 3. While holding try and stretch the hip flexor and contract the glute muscle of the back leg.

After the 3 count ascend back to the top position. Repeat for the desired number of reps.

Due to the slower tempo and the isometric hold at the bottom (stretched) position, the actual time under tension is longer than higher volume sets using standard rep speeds.

Once they have completed the 3 sets on the left leg I would unwrap the tourniquet, swap legs and repeat the process for the right leg, this time with it wrapped.

A simple BFR workout might look like this:

EXERCISE	**SETS**	**REPS**	**WEIGHT**	**REST**
Squat or Deadlift	5	3	70-85% of 1RM	2-3 minutes
Blow Flow Restricted Split Squats	3	15-25	20-30% of 1RM	30-45 seconds
Seated Jumps*	4	5	BW	90 seconds

*Note. I like to finish all weight room sessions with some sort of low impact jumping exercise.

There are a few finer points about performing occluded split squats that I want to discuss before I go on.

Firstly, how tight should you have the tourniquet? The idea isn't to entirely cut off the circulation by having the muscles strapped ridiculously tight. A 7/10 degree of tightness is

recommended by well-known trainer Layne Norton who uses occlusion with his bodybuilding clients and this is a rule I have found to work well as well.

While you can get special straps and clothing to set up the blood flow restriction I have found that just about anything you can tie around your leg works reasonably well. I have used rope (outside clothes to avoid rope burn of course), the straps from portable gymnastic rings (see picture below), old rags, knee wraps, and even an old bike tube.

You definitely don't need to over think it with what you are using for the blood flow restriction.

Portable Gymnastic Ring Straps: Easily adjustable, perfect for this exercise.

While you don't have to use much imagination here to come up with a solution, if you are really strapped (pun intended, sorry) for idea's you could try one of these adjustable side buckle straps from a company called strapworks.com. They cost about $2.60 each.

MY PREFERRED EMPHASIS WHEN USING BFR/OCCLUDED SPLIT SQUATS

I would like to emphasize here that I choose to use this training method for athletes who need help with opening up the hip flexors more than for those after the strength gains. I feel that with so many athletes walking around with tight hips and lazy glutes, the benefits that they will get on their vertical jump (and running speed) from working to rectifying this far outweigh any improvements in strength. The strength gains sure are a nice added bonus though.

In effect I am using occluded split squats as a glorified version of loaded stretching. I am ok with this though because it works REALLY well. Think about what you are actually doing. For each 20 rep set you are doing 60 seconds (20 x 3 seconds) of loaded stretching plus 60 seconds of isometric glute contractions. Across the three sets that works out to be a lot of highly specific hip and glute work.

The occluded split squats fit into an athlete's program well on a number of levels.

Firstly, with the setup of a regular heavy squat/ deadlift first, the athlete doesn't lose out on any of the psychological or physical benefits of training with the big lifts. I would in no way recommend using the occlusion method as a replacement for regular strength training. It is definitely an assistance training method only.

Secondly, by placing the emphasis on increasing the stretch and the range of motion on the split squat rather than the load being used, you take away the issue of an athlete's ego getting in the way of using a lighter weight. You would be surprised how much this helps with some people.

Thirdly, through the use of the lighter weight, it is usually easier for athletes to learn how to perform the lift without the balance and control issues that many have when they first start

out. This last point is actually quite important as many can get discouraged if they are already strong on a squat or deadlift but struggle with a single leg lift due to lack of balance.

I don't like to use occluded split squats for very long periods of time. Four week blocks work quite well as they are long enough to make a noticeable difference, but not so long as to mentally drain the athlete too much.

I have found that it is best used as a three or four times per year intervention type solution. If the athlete is really tight and is looking for a practical way to address the issue, or they are looking to get some quick boosts in strength development without taking away too much of their time and energy from actual jumping drills, then this is an excellent training option.

It is also a suitable lead in to regular loaded single leg training if an athlete hasn't performed them much before. The 4 weeks of high reps performed in a controlled and deliberate manner will teach just about anyone how to perform the lift correctly, and the superior strength gains will help build confidence when regular loads are used.

One other thing worth mentioning is that some athletes find it difficult to hold the dumbbells, even light dumbbells, for the duration of the set. Performing 15-25 reps with an isometric hold of 2-3 seconds at the bottom, multiplied by two because you have to do it for both legs, tends to mean that the loads are being held for an extended period of time and can give the forearms quite a workout themselves.

If this is the case the obvious answer is to use a very lightly loaded barbell instead of dumbbells. I actually like using the safety squat bar for this exercise because the padding on the bar and the position of the handles makes it the most comfortable way to perform the extended sets that occlusion training requires.

Long Time Under Tension Means Even A Heavy Medicine Ball Will Be A Challenge

HOW OFTEN SHOULD YOU USE THIS METHOD

Depending on the individual athlete's schedule and ability to recover, I like to use this 2-3X per week. It is ideally included as part of a strength training block where the athlete is focused on gym work over jumping and plyometric drills. The reason for this is I have found that only using this once per week drastically reduces the effectiveness of the stretching and glute learning components.

On the flip side trying to use this method more frequently than 2-3 times per week is also difficult because of the metal energy and focus required to perform the extended occlusion sets. Using this technique 4 times per week or more per week for example might produce greater improvements in hip mobility, but it doesn't really allow an athlete enough time to recover between exposures.

WHAT TO EXPECT FROM OCCLUDED SPLIT SQUATS

It is not uncommon for people who use this method to start noticing clear increases in speed and jumping ability within even the first week. Due to the time it takes for strength gains to develop, especially with trained athletes, it is my belief that the performance gains are coming more from the opening up of tight hip flexors and better glute firing than they are from any extra strength.

This is not to say that the extra strength isn't helping, but for athletes who do have tight hips and glute activation issues, this method of active loaded stretching can be one of the simplest and most effective ways for them to tap into their athletic ability.

Also worth noting is that despite the long set durations and high levels of concentration required, occlusion style training isn't that taxing on an athlete. In fact a recent study[2] found that Kaatsu/occlusion training yielded moderate exertion ratings and low-pressure sensations, increased muscle size and strength, and was well tolerated, thereby lending support to occlusion training's potential as a training modality for untrained or clinical populations.

Despite this, my experience is that a period of adaptation is required and like any new training method there is usually some DOMS involved.

[2] Modified Kaatsu/occlusion training: adaptations and subject perceptions. Weatherholt A, Beekley M, Greer S, Urtel M, Mikesky A. Med Sci Sports Exercise, May 2013

Also, like any form of strength training, I am not a big fan of overdoing it for jumping athletes. As I have quoted before in this book, it should always be the goal to make the goal the goal. I know that is quite a mouthful but it is also very true. If you are too focused on strength work and using all your mental and physical energy developing it, you lose sight of the fact that you are ultimately trying to jump higher, not just get stronger.

From a safety point of view you should also be aware to monitor the level of pain you are getting from the occlusion. If it is hurting excessively the band is on too tight. This can lead to venous blood clots if left on for too long. Also athletes might experience a bit of coldness or numbness due to compression of some of the nerves, but this is only temporary and usually subsides quickly once the restrictive strap is removed.

RESEARCH BEHIND KAATSU/OCCLUSION TRAINING

As crazy as using some form of strapping on your muscles to block the blood flow and expecting it to make you stronger sounds, there is actually plenty of research that supports the strength and power improvements. Some of the more relevant studies are:

The Use of Occlusion Training to Produce Muscle Hypertrophy, Loenneke, Jeremy Paul BS; Pujol, Thomas Joseph EdD, CSCS, Strength & Conditioning Journal: June 2009 - Volume 31 - Issue 3 - pp 77-84

This study not only concluded that occlusion training was great for increasing lean muscle in as little as 3 weeks but was also suitable for astronauts!

Effects of Exercise Load and Blood-Flow Restriction on Skeletal Muscle Function, Cook, Summer B.; Clark, Brian, C.; Ploutz-Snyder, Lori L. Medicine & Science in Sports & Exercise: October 2007 - Volume 39 - Issue 10 - pp 1708-1713

This study found that while a variety of blood flow restrictive practices produced better muscle training stimulus than traditional heavy loads (80% of 1RM), the best results from blood flow restriction occurred when 20% of 1RM was used as the working weight. Yes you read that right. USING JUST 20% OF 1RM!!!!

Occlusion training increases muscular strength in division IA football players. Yamanaka T, Farley RS, Caputo JL. Journal of Strength and Conditioning Research, Sept 2012.

This study performed in my former home state of Tennessee demonstrated that in trained athletes the Kaatsu/occlusion method produced superior increases in both the bench press and squat compared to traditional training methods.

Three Weeks of Occlusion Training Can Improve Strength and Power in Trained Athletes. Cook CJ, Kilduff LP, Beaven CM. Internatioal Journal of Sports Physiology and Performance, April 2013.

This more recent study on semi-pro rugby players was very interesting because it used higher loads with the occlusion training (70% of 1RM as opposed to the more frequently used 20-30% loads) and lower reps (5 sets of 5 instead of 3-4 sets of 20-30 reps) they found superior improvements in bench press, squat strength, sprint time, leg power, salivary testosterone, and cortisol response.

More interestingly they only used occlusion on the thigh and yet still got greater benefits in the bench press. This suggests that occlusion training may have systematic benefits over the more widely held belief that the blood flow restrictions were limited to the working muscles.

It also suggests we need more research into exactly what the best type of occlusion protocol for training athletes for strength, speed and power improvements is.

The Effects of a Seven-week Practical Blood Flow Restriction Program on Well-trained Collegiate Athletes. Luebbers PE1, Fry AC, Kriley LM, Butler MS. Journal of Strength and Conditioning Research Jan 2014

This study was done on well trained athletes so is of more interest to me than those performed on untrained individuals. In this study they found that the athletes who used blood flow restriction in conjunction to regular strength training made significantly higher gains in their 1RM squat than the non-blood flow restricted athletes.

In this study vertical jump didn't change much differently for either group, but it does indicate blood flow restriction has its uses for quickly building a strength base to be utilised for subsequent power training blocks.

Also worth noting is that the blood flow restriction training group increased their strength without much in the way of increases in muscle size. It appears that the blood flow restriction blunts the hypertrophy response to the strength work. Given the need for relative strength, and therefore relative power in jumping athletes, this might not be a bad thing.

Lastly I wanted to highlight one another study.

Eight days KAATSU/OCCLUSION-resistance training improved sprint but not jump performance in collegiate male track and field athletes. T. Abe, K. Kawamoto, T. Yasuda, C. F. Kearns, T. Midorikawa, Y. Sato. International Journal of KAATSU/OCCLUSION Training Research Vol. 1 (2005) No. 1 P 19-23

This study as the title would suggest found that Kaatsu/occlusion training doesn't improve jump performance (but does improve sprint performance). I wanted to highlight this because here I am talking about how to use Kaatsu/occlusion to improve your vertical jump, and here is a study that directly says it doesn't.

Firstly, the study was only over 8 days. Hardly long enough to draw substantive conclusions. Secondly, and far more importantly, the purpose I propose for using Kaatsu/occlusion is very different than that used in the study. I suggest a much lower frequency in order to facilitate better recovery (these guys went 8 straight days, I talk about 2-3 times per week over 4 weeks).

They used squats and leg curls where as I recommend split squats. Also the reason I use the split squat is more about getting better hip function, which is a common restriction with modern athletes (particularly the part time variety, which let's face it, is most people).

There are other differences but by now I hope you understand that if you do some research of your own into Kaatsu/occlusion (and I recommend you do) that you will probably come across this study. I don't however believe its methodology or conclusions are applicable to my Kaatsu/occlusion training method as I have just described it.

CONCLUSION

I am sure there will be some of you reading this thinking to yourself couldn't I get the same hip mobility and glute firing benefits by performing regular Bulgarian split squats and using lighter weights, higher reps, and holding the stretch position while actively trying to contract the glutes? The answer is probably. Would you get the same strength gains and fast twitch fibre development? In this case, probably not.

The restrictions to blood flow **DO** have a different effect than regular weight training and because of that the occluded Bulgarian split squat does offer greater benefits than the regular version.

Lastly, as I pointed out right at the start of this chapter, the bigger issue isn't whether or not blood flow restricted split squats are better for jumping athletes than regular split squats, it is that not enough athletes perform either the stretching required to free up the hips, or the single leg work to get the balance, proprioception, and other training benefits it can provide.

What I have done is developed a method that is both efficient and effective so that athletes can enjoy those benefits without a great deal of time commitment to doing extra hip stretching, glute activation, or single leg strength training.

All of this adds up to making the blood flow restricted split squat a terrific bang for your buck vertical jump training technique.

CHAPTER 11 SUMMARY

- More and more research is validating the use of occlusion training as a viable method for producing strength gains without the need for heavy loads
- Occlusion training is a lot less dangerous than it looks
- Occlusion training helps train the fast twitch muscle fibers
- Targeting the hip flexors with loaded stretches is a great way to get stronger in the key jumping muscles and free up the hips which are a problem area for many athletes
- Due to the long time it takes for each set (high reps combined with 3 second pause at the bottom of the lift to accentuate the stretch) this method can be quite mentally draining
- Occlusion split squats are a good option for athletes who need to work on their strength further but also need to give their joints a rest after bouts of heavy lifting
- Freeing up the hips will often provide a bigger and more immediate benefit to an athletes vertical jump than the strength gains that come form the occlusion work

CHAPTER 12: IN CLOSING

So there you have it. The methods I have described in this book are far and away some of the most effective ways to increase an athlete's vertical jump.

An exercise can be effective for reasons beyond just producing great results. Yes, all of the exercises and training methods discussed in this book definitely produce results. However, many of the techniques here are effective for other reasons such as being easier on the CNS or the joints. This allows you to perform them more frequently, or with a high volume of reps.

And these factors are really important. Why?

Because jump training is intense!

If you don't learn to train smarter you will end up short circuiting your gains by getting injured or over training. Effective training methods are about training smarter. By reading this book you have become smarter about how to train and now have a number of ways to drastically increase your vertical jump in less time, with less effort, and with less stress on your body.

Before I finish I would like to mention one other great benefit about using some of these techniques and that is that they can help you overcome your genetics and become a great jumping athlete.

You often you hear coaches use analogies comparing athletes to cars. You will hear things like how much you can squat is like how big an engine your car has, or how strong your feet and ankles are is like how good the tyres on a car are. Personally I love a good car analogy, but the point they all seem to miss is that cars can't be trained to improve.

If you buy a Toyota Camry, a nice car yes, but hardly what you would call a high performance vehicle, no matter how often you drive it fast, it is never going to turn into a Ferrari. On the other hand when you are talking about athletes, you **CAN** start off with the equivalent of a Camry, and with hard work, good programming, and so on, you **CAN** turn that Camry into a Ferrari.

Now I am certainly not claiming that the methods in this book will turn an average athlete into a world beater overnight, but what they can do is help you safely accelerate that rate of transformation from Camry to Ferrari.

By sensibly incorporating the appropriate techniques that address your individual needs into your workouts, and by being consistent with your training, paying attention to your diet and recovery, and by having the patience and understanding to acknowledge that truly

outstanding athletic ability is not achieved in 12 weeks, but over much longer periods, you **CAN** turn your own body into the athletic equivalent of an exotic supercar.

That last paragraph pretty much sums up the secret to athletic success in any field.

1) Focus the majority of your training on your weaknesses for maximum results
2) Be consistent with your training.
3) Pay attention to the non-training factors such as diet, sleep, and stress to facilitate faster adaptations
4) Be patient. Athletic greatness isn't a result of just a few months of effort, but is the result of doing steps 1-3 for over a period of years.

The problem most athletes have is that in the beginning they make great progress, but when beginner gains start to slow down, they lose focus and motivation, and they give up before they get anywhere near their potential.

Having some unique and highly effective ways to train in your toolbox such as those described in this book are a great way to keep your good results coming and to make your training a lot more fun and interesting!

Enjoy your training.

Jack Woodrup

VerticalJumping.com

CHAPTER 13: ABOUT THE AUTHOR

Jack Woodrup is a strength and conditioning coach who since 2004 has specialised in vertical jump development. In that time he has trained thousands of athletes in person and online to increase their vertical jump. These athletes range from high school, college, the armed forces, weekend warriors, professionals, and even a Harlem Globetrotter.

This book is the culmination of those years of training, research and experimentation.

Jack is also the owner and founder of Verticaljumping.com – the largest source of free vertical jump training information in the world.