

## Top 3 Exercises to Improve Your Vertical Jump

If you're a basketball player, and especially if you want to dunk, you need to always work on ways to improve your vertical jump. If you don't have a good one, the best thing to do is start doing exercises that will help you jump higher. What exercise is the best? There are many different options available to you when it comes to jumping higher, but there are 3 ways that are much better than the rest. Those 3 are plyometrics exercises, olympic weight lifting exercises, and stretching exercises.

**Plyometrics exercises**When you go up for a dunk, you need an explosive action to get as high as possible. This explosive action comes from your muscles moving quickly, but if you haven't trained your muscles to be ready to move in this manner, you're going to have trouble getting as high as you need to get. This is where plyometrics comes in. Plyometrics is an exercise that helps you develop explosive power in your muscles, and is one of the best type of exercises there is when it comes to ways to improve your vertical jump. An example of a good plyometrics exercise is to get a box, then jump over it either sideways or facing it. When you do this, you should try to move as fast as possible and pretend like you're springing up for a dunk when you jump over the box.

**Olympic weight lifting exercises**Plyometrics are a great way to develop explosive power, and olympic weight lifting is a perfect exercise to go along with it. This type of weight lifting is all about quickness and strength at the same time, and is more helpful when it comes to building muscle than plyometrics is. A classic olympic weight lifting exercise is the snatch, where you lift a barbell in one quick motion, taking it from the ground to above your head. This is a great way to build a lot of muscle and explosive strength.

**Stretching exercises**You're going to need to be very limber when doing these exercises and when jumping. The motion of running and jumping up to dunk requires you to have a fluid motion, and you can't have this if your muscles are tense and not flexible. When you stretch, you should focus on stretching your hamstrings and quadriceps, which are two of the muscles you're going to need most when you jump.

## About the Author

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