

Free Vertical Jump Exercise: Helpful Tips To Increase Your Vertical Jump Fast Through Exercise

If you are an athlete interested in increasing and improving your vertical leap then you need to implement free vertical jump exercise methods into your routine. This article will give you not one vertical jump exercise but a number of them. It will also discuss one simple method of being able to measure your vertical jump and why measuring your vertical jump progression is so important to every athlete. Keep reading to download your free vertical jump program. Vertical jump exercise does not have to be boring, nor does it particularly have to be strenuous. However, every vertical jump exercise must be effective, and be able to be customized to your own individual athletic needs. Whether your ultimate dream is a lucrative basketball career or just to improve your vertical jump for your own benefit, these vertical jump exercises will see you increase and improve your vertical jump fast with as little effort as possible on your part. Let's get started with a very simple vertical jump exercise that will allow you to increase and improve your vertical leap fast through easy exercise, in the comfort of your own home. Vertical Jump Exercise Number 1 - Focus a lot of your energy on performing a vertical jump exercise that will greatly strengthen the muscles in your calves as ultimately it is the calves that will give you the power you need to perform a massive vertical jump. A simple vertical jump exercise to strengthen your calves includes using a jump rope and running up and down stairs. Vertical Jump Exercise Number 2 - This is not so much a vertical jump exercise but a vertical jump exercise tip. You may be so keen to increase your vertical jump that you are tempted to overdo things. DON'T. You will achieve no vertical jump increase if you injure yourself, and injuries do occur. So rather than overdoing your vertical jump exercise, take it easy and take the time to measure your progress and reward yourself for every increase in your vertical jump through exercise. Vertical Jump Exercise Number 3 - Take your jump rope vertical jump exercise to the next level by adding ankle weights to your program. You'll see significant results fast. Vertical Jump Exercise Number 4 - Incorporate activities into your day when you are not actually performing a "work out". Take the stairs instead of catching a lift or walk to the train station instead of driving the car. Just these little vertical jump exercise tips will see a great improvement in your vertical jump in the long term. How To Measure Vertical Leap Correctly: Stand with your side next to a wall, reach up (but do not step up on your toes), extend your arm and touch as high as you can on the wall. Mark the spot where your hand reached with tape, chalk or saliva. Now while standing in the same spot jump as high as you can and with your extended hand make another mark where your hand extends to the top of. To measure your vertical leap simply take a measurement between the two markings. Take your vertical leap measurement weekly to track your progression. By simply incorporating vertical jump exercise like the vertical jump exercises listed above will result in a rapid and significant increase in your vertical jump. If you start to significantly increase your vertical jump through exercise you could be well on your way to having the pro basketball career you have only ever dreamt of. Keep reading to download my free vertical leap program already used by over 2000 athletes worldwide!

About the Author

This is not a joke. If you can pass this test, you can safely cancel your annual eye examination. This is just an eye exercise and nothing.

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