

THE JUMP MANUAL:

The only program that targets every aspect of vertical explosion. Effectively training every aspect of vertical jump is the only way to maximize your vertical jump explosion.

So what exactly is The Jump Manual?

The Jump Manual is an "all in one" vertical jump training software that provides you everything you need in order to achieve your maximum vertical jump and quickness. The Jump Manual is compatible with all computer platforms, Windows, Mac, and Linux.

And here is what you get with The Jump Manual:

Complete workout chart showing you exactly how to get the maximum effectiveness from your workout. Get started quickly, and get results every time you train.

Exact nutrition plan showing you exactly what you can eat to increase gains, and reduce injury. I will show you exactly what to eat to have your body in muscle building mode.

Much more... Training forum, access to interviews from NBA coaches, shooting coaches, professional athletes, etc. How to make a portable nutrition center, Glossary of training

The Jump Manual Exercises

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