



GUIDE TO SUCCESS: HOW TO OBTAIN A HIGHER VERTICAL LEAP

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Introduction:

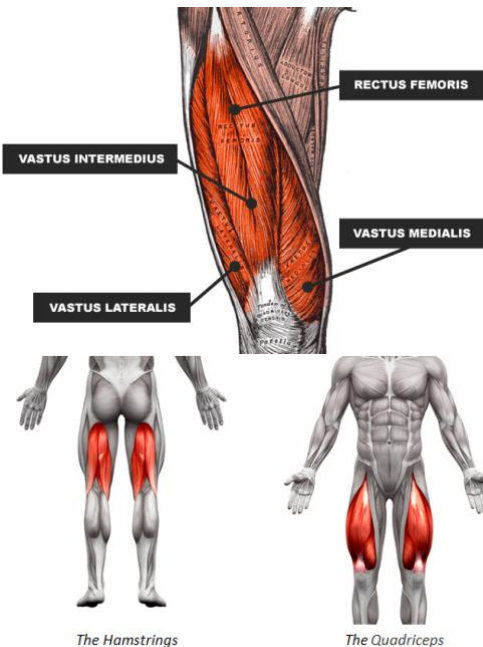
I play basketball, and in basketball having a good vertical leap is a key element. It is not easy to obtain a higher vertical jump and if you would like to learn how I gained 15 cm of a higher vertical jump in one month and a half I suggest you to keep reading. This guide book will show you and guide you to increase your vertical jump for basketball it may come in handy for other sports too.

A vertical jump or vertical leap is a direct action when you jump in the air, with a higher and stronger vertical jump you also obtain more explosive power and endurance. I will dedicate up to 30 minutes a day to training for a higher vertical leap. Below you can see the progress I've made in just a month and a half. Through the different techniques that will be explained I am here to show you how to gain the ability to be faster, stronger and more explosive. This guide book will show you how and what approach you should take to get the necessary requirements you are searching for.

It is not in everybody genes that they can jump high, some people have those genes where they are just natural jumpers, others have to work for it. Take me in fact I am not the most dynamic person meaning I am tall with little bodyweight and this effect my knees meaning I am more limited to jumping high. I learned that it is possible for anybody that is active and at least a bit in shape. You'll learn through my guide book.

First, we must know what muscles we will be training. The first muscles are your quads (quadriceps) then we have your hamstrings, hip flexors and your calves.

These are the muscles we will be strengthening to accomplish your goal.



First let's start with quadriceps, on your left side you will see the four different types of muscle groups: Vastus medialis, Vastus lateralis, Rectus femoris, Vastus intermedius. These are the four components of your quadriceps, the side fronts will help you at most with your vertical leap: Rectus femoris, Vastus intermedius. The other two components are based on side leg movements like moving your leg from right to left.

Then we have your hamstrings they are the muscles located behind your quadriceps. Your hamstrings are a major component to jumping higher because they are the muscles we will be training at most, with exercises like squats which also affect the quadriceps.

Moving on we have the hip flexors this is a small muscle located both at the side of your hips, even though it is a small muscle it influences the explosiveness when you jump up, Like for example when your about to takeoff from one foot.

And lastly we have your calves, they are the muscles located right at your toes and they are very important for explosiveness and jumping higher. A skipping rope will help you the most because of the consistency in jumping. Due to the consistency of small or high jumps they will start to hurt meaning their becoming stronger.



Calisthenics:

Calisthenics are the first workouts you would like to try, to be more specific they contain of bodyweight exercises meaning that you do not need any special equipment or any equipment in fact. The exercises that will be done affect a variety of large muscle groups. This is a very good advantage but the disadvantage of these types of exercises is that you must also need weights if you want your muscles to grow more or to become stronger. Calisthenics is good for your upper part of your body, but your leg muscles will not become stronger that much without weights. Like for example squats can be very hard to do after you do 30 of them meaning that when you feel that you cannot do them anymore you are not really affecting the growth of your leg muscles, add a couple weights onto your shoulders and those squats become very useful. You can find calisthenics every where around your city it is basically in a small park. The way it looks is the way a playground would with bars in different hights and different stations where you can do different types of exercises. Calisthenics will give you a good benefit on flexibility and building strength. Calisthenics are great types of workouts since they can be done at home or anywhere literally as you just require some space to move around. In my daily workouts I used calisthenics to help me gain better flexibility, due to the types of workouts calisthenics should be used more for arm workouts as calisthenics help you be more flexible, ill explain why it is important to be flexible a bit later. Calisthenics, what exercises you should be doing to increase flexibility? firstly you should start stretching, streching is very important because the more you do it correctly the more you become flexible. The secound thing you should do is use a foam roller, this will help tense muscles to become more loose, meaning you can perform your workouts easier this will take atleast 20 minutes. Calisthenics become very important when trying to strengthen your core. Your core is essential for vertical jump because it produces the amount of power for you to jump higher or get your full momentum.



Plyometrics:

Plyometrics are workouts that are only focused on jump training. The exercises I performed will help you a lot. You will be doing things you used to do when you were a child for example you will be doing box jumps, one legged jumping, skipping rope, and jumping over objects. Plyometrics is a form of exercises that will help you increase your explosiveness with your vertical leap. It is important that you first get into shape or if you are not doing any exercises or if you are not active get active and then start with calisthenics because without flexibility exercises are harder to impact you and you will get injured quickly. Like I said these workouts will not and should not be done everyday because your muscles will get tired very quickly so you need to take some time off for your muscles to relax so you do not sustain an injury. Take plyometrics seriously because these are the workouts that will be the most challenging for you and they will benefit you. The first type of workouts are as follows:

Pogo jumps: Jump from place as high as possible and try to be in touch with the ground as little as possible and do not let your heels touch the ground. And when jumping keep your fingers on your feet facing upwards.

Tuck jumps: jump up with your knees as close to your chest as possible, do not stay long on the ground and when touching the ground explode upwards.

Depth jumps: Climb onto a box then get jump of the box, land on two feet and quickly explode upwards again.

Box jump: In this exercise you will be performing the box jump, it doesn't have to be a box but you must have something that you can jump on that is stable and won't break. In this exercise you will jump up on to the box with slowly bending your knees and you explode up on to the box, and try to jump up and land with straight legs, this will increase the difficulty.

Squat jump: You slowly do a squat and while you are still low explode upwards and slowly go down and again upwards.

Box push off: In this exercise you will have both feet on the ground, then you will quickly stomp onto the box with one leg and quickly raise the other foot into a right angle position or 90 degrees, then slowly go off and repeat with switching the foot.

Flexibility:

Flexibility, it is a very important factor in jumping higher. You probably asking yourself why is flexibility so important, If you are not flexible enough you are not able to get in a proper position and your range of motion is limited defining that you are not able to use all of the motions in your body meaning it is harder to achieve a proper position in what you want to do. Like for example me when I attempted to dunk, if you are not flexible enough your hips can cause some distractions and your joints can be limited



to motions as also injuries can occur faster due to the supply of oxygen in your muscles. Flexibility is obtained by stretching, more and more times a week or day. When you stretch your muscles you will be in full range of motion meaning that you are able to do more things and your muscles are not limited in movement. By this I mean that you can jump higher, be more explosive and truly reach your full potential. There are two types of stretching you can do, dynamic and static. Dynamic stretching is when you are in motion meaning that you are moving your arms in circles or you are swinging your leg left to right, these are dynamic movements which are a very good way to warmup. Static stretching is when you do not make movements but you just put your muscle in a position where it stretches it and you will wait 5-10 seconds and then switch, these are static movements. You should do dynamic workouts first and then you should do static and then finally you can start your workout. It is also very good that after your workout you do some static stretching for your muscles to properly cool down. Here are the exercises defined:

Standing hamstring: Keep your legs straight and slowly bend over and try to grab your ankles or as low as possible, just that you feel your hamstrings stretch.

Piriformis: Sit on the floor with both your legs stretched forward, then cross one leg across the other and make sure the foot is placed flat on the floor, then rotate your body in the other direction. 45sec-2min

Lunge with spinal twist: Do a lunge and for example if your left foot is the leg placed forward you should place your right hand on the floor straightened and then with your left hand reach as high as possible and move your hips into the position where you feel the stretch. 45sec-2min



Triceps stretch: Here it doesn't matter in what position you are just that you are comfortable and bend one arm for example the right arm and bend it behind your back or behind your head and with the other arm push down. Hold for at least 20 seconds one arm and do this twice.

Figure four stretch: Lay down and raise one leg upwards and have it in a degree of 90 degrees, then cross your foot onto your quad. Basically raise your right foot on the floor into 90 degrees and then place your left foot on your right foot's quad and pull your right leg towards you with this you will be stretching your upper quads/hamstrings. Hold for 30sec-1.30min



Frog: Start on all fours and slide your knees wider than shoulder width apart. And now shift your hips back towards your heels. Hold for 30sec. 1.30sec

Butterfly: Sit up and place your feet totally together, knees bent out and go a bit forward to stretch more. 45sec-2min.

Seated shoulder squeeze: Feet should be flat on the ground, you should be sitting down and your knees bent upwards. Then proceed to hold your hands behind your back and try to stretch out. Hold for 45sec-2min.

Lunging hip flexor: This is the same like a lunge except that the foot that is behind will not be placed completely on the ground but you will stretch it forward and your knee will be on the ground. Hold for 45sec-1.30min.

Knee to chest: This simple stretch you lie down and pull one knee towards your chest as much as possible with the other leg on the floor straightened. Hold for 30sec-2min.

Lying quad: Lie down on one side with your bottom leg straight and with your top foot you will pull it backwards with your hands and with this stretch your quads. Hold for 30sec-1.30sec.

Extended pose: Start on all fours and slowly extend your arms forward as much as possible, push your hips back and your knees should be on the ground. Hold for 30sec-1.30sec.

Reclining bound angle pose: In this exercise you will repeat the same things you did in the butterfly except that here you will lie down and this will be a big challenge. Hold for 30sec-1.30sec.

Weight Training

This is our next step to increasing your vertical jump. If you are lazy and you would like to see instant results it is time to turn to weight training. This isn't the best way, it has its advantages but the big disadvantage is that you can damage your muscles very quickly if you do not take precaution. Weight training is a very good way to increase your vertical leap if you have the time to go to a fitness because you require a lot of different equipment. Weight training can be combined with plyometrics giving you better results but you will need more time to rest during the days you workout, to prevent injuries. If you get an injury it will put you down very easily as part of your progress will be gone. Below there is a special table designed for what you should be doing every day of the week. And here are the definitions or the requirements of workouts:

Bulgarian split squats: This is a version of a one legged squat, this is that one of your legs will be elevated on something higher like a bench or box and with that you should have two weights in your hands weighing 5-10 kg depends on what fits your bodyweight and then just try to go as low as possible.

Back squat: This is similar to normal squats just the difference is you should have weights placed behind your shoulders, not single weights but bar with dumbbells fitted

from the sides. And then you just squat down and up again but the bar should always be fixed on your shoulders.

Leg squats: Here you will have a weight of 5kg placed in front of yourself and you will hold it with both hands and be holding it right below your chin and slowly squat down and repeat.

Walking lunges: This is just a normal lunge with each hand holding 5-10 kg weights and slowly you do lunges on every step you take.

Front squats: They are the same as back squats except that your hands are placed in front of your head now and below your chin and your arms one against the others holding the bar.

Step-ups: Here you will have weights in your hand again 5-10 kg and you will just step up on a box. And constantly change the feet.

Romanian deadlifts: In this exercise you will be holding a bar with weights from the side and your back should be straight for this exercise with your legs straightened you will hold the bar in front of you loosened up and slowly with your back straight move down until the bar is almost at the floor and then slowly pull up and go down again. The choice of how much weights you put should be your limit but go over 10kg.

Barbell calf raises: This exercise includes you having a bar again on the back of your shoulders and you only raise yourself with your fingers on your feet and don't let your heels touch the ground, and lastly keep a straight posture and straight legs.

TRACK YOUR JUMP:

This is not the biggest or most important thing in improving your vertical jump but it does play a great importance as you will see from week to week how much you are improving. Do this by taking a video of yourself trying to slap your hand over the rim as much as possible.

Week Plan:

When?	What?	Specifically?
MONDAY	CALISTHENICS	<ul style="list-style-type: none"> • Warm up with static stretching 5 min • Foam roller 20 minutes • One legged squats (Do squats with one leg and try to get as low as possible with stretching one leg forward and trying to go down as slow as possible without touching the ground with the leg in the air) 10 times each leg 3 reps. • Plank (1 min, 30 seconds rest, 1.30 seconds plank, 30 seconds rest, 2.00 minutes plank) • Side plank (Repeat same procedure as for normal plank and switch hands once done with one) • Calf raises 12 times 3 reps. • Use full range of motion!
TUESDAY	PLYOMETRICS	<ul style="list-style-type: none"> • Warm up using dynamic stretching 5 min • 3 times 25 squats take a minute rest in between • 3 Reps. 20 lungees, and take 2 minutes brake in between • Pogo jumps 15 times, 2 reps. • Tuck jumps 15 times 2 repetitions. • Box Jump 3 reps. 8 times • Depth jumps Repeat 8 times 2 reps • Squat jump 3 reps. 6 times • Box push off 3 reps. 8 times • Cool down with static stretching 5 min
WEDNESDAY	REST	Take this day of so you can rest up and be prepared for the next day because it will help your muscles regenerate.
THURSDAY	FLEXIBILITY	<ul style="list-style-type: none"> • Start with skipping rope, 10 minutes normal of high and low jumping • Then one foot jumping and then 5 min right foot jumps • Standing Hamstring • Piriformis • Lunge with spinal twist • Triceps • Figure four • 90/90 • Frog • Butterfly • Seated shoulder squeeze • Lunging hip flexor • Knee to chest • Lying quad • Extended pose • Reclining bound angle pose

		Finish off with jumping rope with doing different types of jumping for 5 minutes
FRIDAY	PLYOMETRICS +WEIGHT TRAINNING	<ul style="list-style-type: none"> • Bulgarian split squats 10 times 3 reps • Back squat 8 times 3 reps. • Leg squats 8 times 3 reps. • Walking lunges 10 times 3 reps. Each foot • Front squats 8 times 3 reps. • Step ups 12 times 3 reps. each leg • Romanian deadlifts 10 times 3 reps. • Barbell calf raises 10 times 3 reps.
SATURDAY	REST	Take this day of so you can rest up and be prepeared for the next day because it will help your muscles regenerate. From a hard day on Friday it is initial you rest.
SUNDAY	FLEXIBILITY+T RACK YOUR JUMP	<ul style="list-style-type: none"> • Start with skipping rope, 10 minutes normal of high and low jumping • Then one foot jumping and then 5 min right foot jumps • Standing Hamstring 45 secounds-2min • Piriformis • Lunge with spinal twist • Triceps • Figure four • 90/90 • Frog • Butterfly • Seated shoulder squeeze • Lunging hip flexor • Knee to chest • Lying quad • Extended pose • Reclining bound angle pose • Finish off with jumping rope with doing different types of jumping for 5 minutes

Conclusion:

This whole guide book is here to guide you to achieve your dreams and to make your goal realistic. You can achieve a higher vertical leap if you will follow the plan I set up for an entire week. You will be very succesful if you follow my steps and be careful with what types of equipment you will be dealing with. I am sure that if you have read through my whole guide book you have gained atleast some knowledge on what is important to do. I have gathered the type of exercises that will help me out a lot and you see results do not lie and I have achieved something very good for my body.