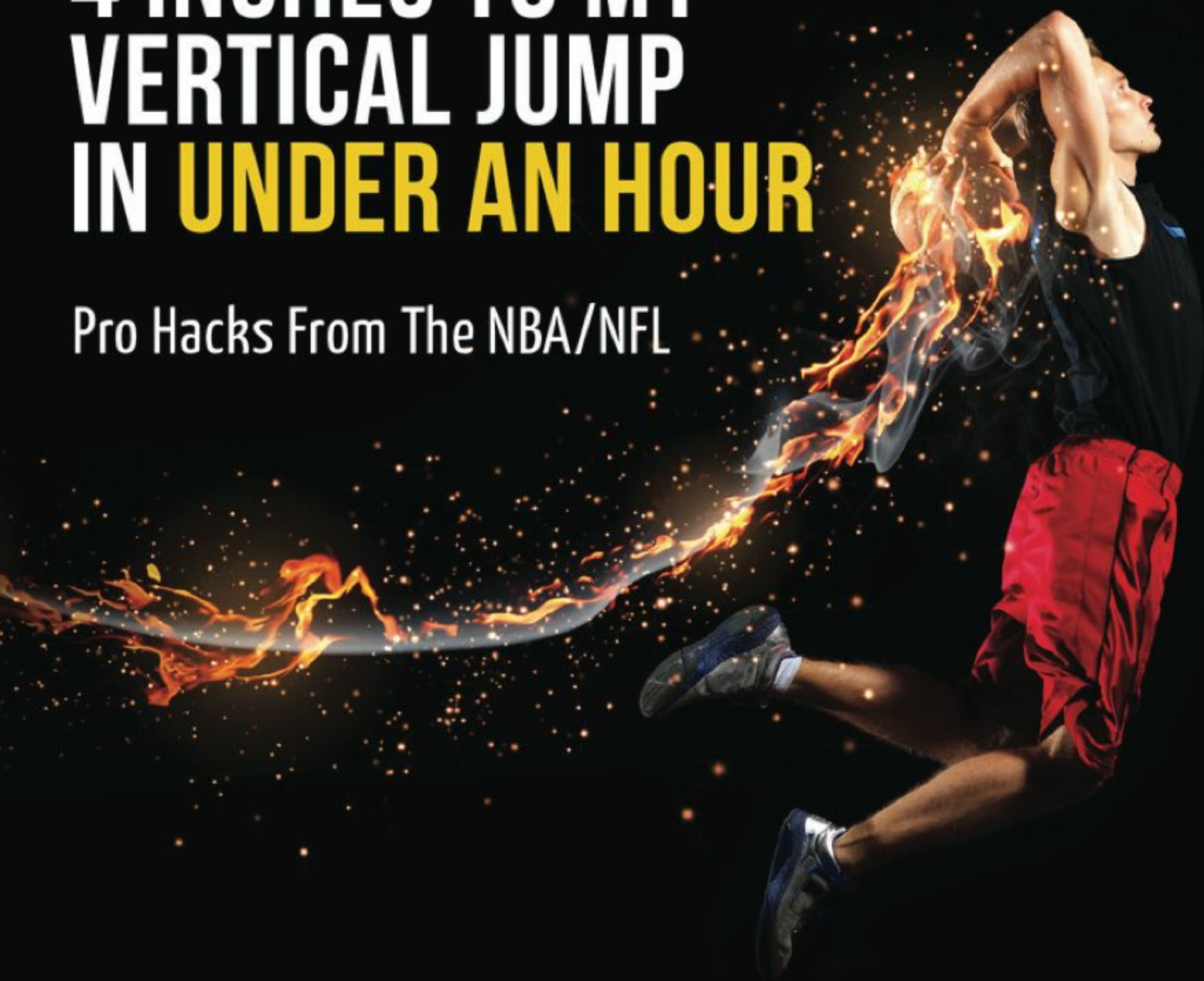


# HOW I ADDED 4 INCHES TO MY VERTICAL JUMP IN **UNDER AN HOUR**

Pro Hacks From The NBA/NFL



FOLKERSYSTEM  
VERT  SHOCK

**ADAM FOLKER**

# Pay attention because I am going to share with you exactly how I increased my vertical jump 4 inches in under an hour...

I know you might be extremely skeptical and I would be too, but these exact same **'vertical jump hacks'** have been used by professional athletes in their pre-draft combines for years. They are secrets of the trade used by only the best-trained athletes in the world.

When it comes to jumping higher there is really no other time when there is more on the line than at the pre-draft combines for NBA and NFL athletes. One inch can make the difference between millions of dollars and nothing at all.

When there's that much on the line you better believe athletes are doing everything they can to jump higher..

**WARNING:** The 'vertical jump hacks' listed below WILL help you but they should not be solely relied upon. Leading up to the pre-draft combines athletes engage in serious training to increase their vertical jump, the exact same training used in the Vert Shock training system. When you combine the Vert Shock training system with the hacks below you will maximize your returns.



John Wall testing his vertical at the NBA combine.

*With that said, lets get started...*

# Pro Jump Hack #1

## STATIC STRETCH THE HIP FLEXORS

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This jump hack works extremely well and is damn effective..

Have you ever done a long jumping workout and woken up sore in your hip flexors the next day? A lot of athletes find that this becomes the sorest part of their body the day after a jump workout.

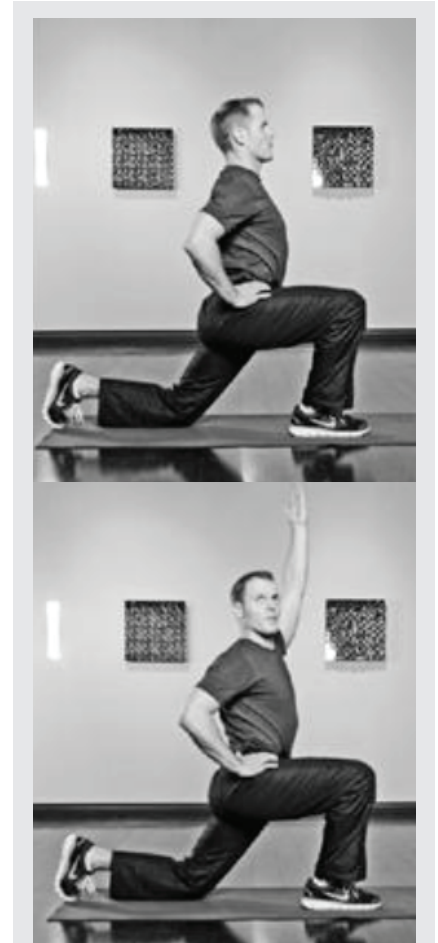
### Why is this?

When you train your jumping you are rapidly descending into a coiled position followed by rapidly ascending into full body extension. This movement has the effect of 'tearing up' your hip flexors – causing them to get extremely sore.

### What does this mean?

The hip flexors become sore because they are resisting the height of your jump.

Now, this is great information but how can we take advantage of it. You see, since the hip flexors aren't prime movers in jumping and they tend to resist our jump, the goal is to weaken them and put them to "sleep" before jumping. Static stretching accomplishes these goals. Static stretching your hip flexors



Static stretching the hip flexors before vertical jump reduces the resistance during takeoff and increases vertical jump. (Photo: Tim Ferriss via 4 Hour Body)



Adam Folker offseason pool workout. Water resistance helps strengthen hip flexors.

will create less friction during your jump. Less hip flexor friction during your jump equals higher vertical jump heights!

Static stretching can temporarily decrease the strength of the muscles and connective tissue being stretched, increasing the likelihood of injury. This is an exception to the no-static-stretching rule and all other stretching prior to training should be dynamic.

The hip flexor stretch (picture on previous page) is one of my favorite stretches but go ahead and choose your own and perform 2 sets of 30 seconds on each side. Start with your non-dominant side first!



Click to  
watch



<http://vertshock.com/ebook-video-1/>  
*The most difficult dunk I have ever seen...*





Vert Shock member Shamawd Chambers getting ready to test his vertical jump at the CFL combine.

## Pro Jump Hack #2 FOCUS ON RAPIDLY DESCENDING INTO YOUR JUMP!

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We have already mentioned the descent into ones jump and the effect this has on the hip flexors when combined with the extension in a jump.

The thing is, most athletes focus all of their attention and training on the ascent portion of the jump (the actual jump off the ground). They neglect what I have found is the most important factor in an athletes vertical jump – the speed of descent.

Think about the physics behind jumping (get ready to be schooled...). Sir Isaac Newton's 3rd law of motion states that "for every action there is an equal and opposite reaction". With this in mind we can conclude that the faster you are able to descend into your jump, the faster you will be able to take off and in effect the higher you will be able to jump.

The bottom line is that the faster you can descend, the higher you will jump.

Now, in order to perfect your descent into the jump you must practice. When you watch the Pre-Draft combines on TV you notice the different approaches some players take in setting up for their vertical jump test.

The best way to do this is to start standing like an Olympic diver with both arms fully extended over your head, eyes looking up to where you'll be jumping, your back should be slightly arched and you should be standing on your toes. This position puts all your



muscles in stretch mode and sets you up for an explosive descent.

Your feet should be just inside your hips.. too wide and you will reduce your standing height and in turn reduce the height you reach at the peak of your jump.

Start the descent by throwing your arms down to your hips as fast as possible. As you do this your bodies reaction will cause your head/neck to flex forward at the same time your trunk/knees do. In the bottom position, your hands should be slightly behind your hips and you are now ready to explode up and through the roof. Use your dominant hand to reach as high as possible if you are testing your vertical or trying to dunk on someone.



Blake Griffins descent into his vertical jump. Notice his arms are fully extended loading for takeoff.



Click to  
watch



<http://vertshock.com/ebook-video-2/>

*Arguably the most famous dunk of all time. Story has it Vince was up the night before watching the high-jump with his mom and mentioned how impressed he was. Next game out he did this.. Power of the mind?*



## Pro Jump Hack #3 WEAR THE RIGHT SHOES!

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We all know you want to look as cool as possible wearing your Jordan 11's..

But if it makes you jump higher would you consider a different shoe?

A lot of athletes choose shoes that feel 'light' and are comfortable. This is important but when it comes to the weight of the shoe an added ounce is not going to slow you down..

You should choose shoes that are built with a stiff sole – especially for basketball. This stiff sole makes the foot a more reactive lever when you go to jump. Some of the newer shoes have added a carbon fiber shank throughout the sole (Kobe's, Hyperdunks, Crazy Lights just to name a few).

The opposite of this is a soft and extremely cushioned sole that absorbs some of the energy you are pushing into the ground.. in effect taking away some of your potential height off your jump.

An insider secret to the Pre-Draft combines that not a lot of people know about is the type of shoe chosen when testing your vertical jump. Some athletes will actually wear a shoe that is one size TOO SMALL when they perform their vertical jump.



My locker at any given time. I have tried a lot of different basketball shoes. My Favorite? The Kobe's (not pictured here).

## Why the heck would they do that?

When you wear a shoe that's too big for your foot you slide around inside the shoe. All of this negative motion takes away from your reaction time and explosiveness. This is why it is extremely important when choosing the right fit of a basketball shoe.



Click to  
watch

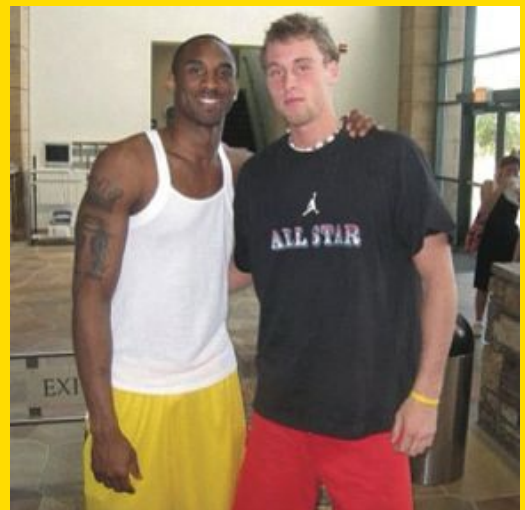


<http://vertshock.com/ebook-video-3/>  
*Adrian Wilson Jumping 66 Inches. Watch the New England Patriots safety jump over the 5'6" mark.*

## Pro Hack #4 GET HYPE!!!

We all have that one song that gets us HYPE before a game/practice/workout. If its not music that gets you hyped up sometimes its little thoughts of your haters and the people trying to bring you down.

I know several NBA players that I have trained with post negative pictures and articles throughout



Kobe Bryant and Adam Folker. When Kobe was asked "How do you react to a bad game" he answered "When you take a sh\*t you flush it.. Just forget about it and move on".





their home weight room and gym. Just to keep them motivated and inspired through their workouts.

When I was in college I had hip surgery and was told I would never play again by doctors. I took one email in particular and printed it out and hung it on the wall by my bedroom door. Everyday when I'd wake up for morning workouts I'd see this and it was a little reminder of the people I had to prove wrong.

## Why am I telling you all this?

The mind is a powerful thing and is not trained well enough by 99% of athletes. Simply believing that you can do something increases the likelihood of it happening by a statistically proven amount. If you want to learn more about this you can read into quantum physics - but I won't bore you with that here.

Now, to take advantage of this..

Before athletes do any test in the pre-draft combines they get hyped up. Some even have their trainers hit and slap them (don't laugh, it works). Others simply visualize themselves performing the test to their desired outcome. They see, feel, hear, smell, taste the environment where they will jump and hope to reach their desired height. This is EXTREMELY powerful.

I have had very in-depth conversations with the best NBA players in history about this very topic.

## Why is it not mentioned more?

They don't want you to know about it... its little things like this that give athletes their edge.. especially the ones at the top.



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All of the vertical jump hacks mentioned in this book work extremely well and will add inches to your vertical jump the fastest way possible. You should combine these hacks with a well designed vertical jump training program like the Vert Shock system. Pairing both technique and explosion training is when you will receive maximal results.



## Who Am I?

*My name is Adam Folker and I am a professional basketball player. I made it to the professional level through a relentless work ethic and busting my ass day in and day out. The first time I measured my vertical jump it was 14 inches...*

*...Nothing to shoot a Youtube video about.*

*But by the time I graduated high school it was 32 inches and I was dunking in every game I played. I led the nation in scoring, earned a Division 1 full scholarship to the University of California Irvine, and have worked with some of the best trainers in the world.*

*Along my path to success I learned exactly what it takes to make it and I am now trying to give back to athletes and the game I love.*

