

# Vertical Jump Training Exposed: The 3 Biggest Training Mistakes Athletes Make & How These Mistakes Are **Severely** **Diminishing** Their Results

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Have you been working your tail off in the gym trying to increase your vertical but not getting the results you are looking for? Are you wasting hours and hours of sweat and hard work while others continue to out jump you on the court?

Well, then thank your lucky stars that this report fell into your hands because I am about to expose the 3 biggest mistakes you are making with your training and how you can finally turn things around.

Let's jump right into it:

## **Mistake #1: You Are Not Training All the Muscles Involved In Jumping**

When most athletes hit the gym to work on their vertical they focus their training on the big muscles that are responsible for jumping. They work their calves, hamstrings and quads and then stop there. While just working those muscles will help to increase your vertical, it will only give you a fraction of the results that are possible.

What you should be doing is also targeting the smaller muscles involved in jumping and some muscles that you never thought of. When you start targeting these other muscles that is when your results start to increase at a rapid pace. You can break through that plateau you have been stuck at with your training and take your vertical to the next level.

**You MUST be training all the muscles involved with jumping or your results will always be subpar.**

## **Mistake #2: You Are Training Your Muscles Incorrectly**

This mistake is extremely detrimental to your training. Many athletes will train by doing high repetitions of exercises but this is the completely wrong thinking. When you do high reps of any exercise what you are doing is training your muscle endurance. But we do not want muscle endurance...we want explosion. We want to be able to rise up quickly and high. We do not want to be able to continually jump for 5 minutes straight.

Let me explain this is a different way. Does a sprinter train by running 10 miles every day? Absolutely not! They train by running short sprints. Does a long distance runner train by running 100 meter sprints? Nope, they train by running long distances. This is because a sprinter wants explosive muscles that can help them run fast and quick and a long distance runner wants muscle endurance so they can run a marathon.

As an athlete looking to increase your vertical you must be training your muscles to be explosive and you do not do this by doing a ton of reps of any exercise. You need to train your **fast twitch fibers** by doing lower reps and explosive movements.

**You must train your muscle explosion and fast twitch fibers to be able to jump higher**

## **Mistake #3: You Are Only Focusing On One Type of Training**

There are 3 main ways to train to increase your vertical and that is by doing plyometric exercises, by doing jumping exercises and by weight lifting. All three of these methods are effective, BUT if you are only focusing on one of these methods you are limiting your results.

When you just do one type of training, like plyometrics, you will see results. But those results will only be a fraction of what you are capable of. This is because they train your muscles in a certain way and after a while your muscles will reach a plateau and your results will sputter.

What you need to be doing is incorporating all 3 types of training into one workout. By doing this you get the benefit that each training method offers and your results will continue to increase.

Does a basketball player just practice free throws? Absolutely not. Being a great free throw shooter will allow you to score points but not nearly as many points as you could score if you also worked on your ball handling and jump shot. You need to be a great all-around player to maximize your talent.

The same goes for training your vertical. You need to train your vertical in multiple ways. One training method will get you results but not nearly the results you could have achieved if you used all training methods together.

### **Never limit yourself to just one training method**

So there you have it, the 3 biggest mistakes athletes make when training their vertical. I can almost guarantee that every athlete is making at least 1 of these mistakes in their training.

The next obvious question is “How do I put together a workout that will avoid all 3 of these mistakes?”

Well, I have just the solution for you. There is a vertical jump program available that has taken all 3 of these mistakes into account and developed the most comprehensive vertical training course available.

The program incorporates all the key factors of vertical jump training to make sure you are training the correct way and getting the maximum results.

This program:

- Trains all the muscles involved in jumping
- Every exercise is geared towards training your muscle explosion and fast twitch fibers
- It has taken the most effective exercises from each of the 3 training methods and compiled them into one workout

The Result...the most effective and game changing vertical jump program available!

**Take a look at some of the results other athletes have achieved with this program:**

“I gained a whole **12 inches** in the first 8 weeks” – Ahmad

“I went from a 28 inch vertical to 33 **in the first month**” – Sedrick H

“Before I started the program I was barely touching the rim, now **I am throwing it down with ease**” – Andrew

“When I started my vertical was 17 inches and now my vertical is 24 inches easily and **I can now dunk** with ease with a full size ball” – Mike G

“My daughter has increased her vertical **6 inches in 7 weeks!**” – Chris L

Are you ready to get results like those? Then it is time you get the [Vertical Explosion Training Program!](#)

The Vertical Explosion Training Program will provide you with a proven training program to take your vertical to the next level.

**Add 10 Inches To Your Vertical In Just 10 Weeks...Guaranteed!** That’s right, you have nothing to lose with their money back guarantee and so much to gain. How can they offer such an insane guarantee? Because they know their program works and it has been proven to work time and time again.

Are you ready to take your vertical to the next level?

[\*\*Click Here To Get Started Now\*\*](#)