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The Vertical Jump is a benchmark test to help determine athleticism and power. It's also a tool used to help select and recruit athletes. The ability to jump vertically is critical to most sports ...

An 8-Week Training Program for a Higher Vertical Jump

The Jump Manual Workouts. The Jump Manual program lasts for three months, but the actual workouts are split into a 14-day cycle that's repeated constantly while gradually increasing the weights. You'll be training two times per week, with off-days focused on recovery exercises, stretching, and core training.

The Jump Manual Review – The TRUTH About This Program!

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