

Different Tips To Boost A person's Vertical Leap

Many athletes wish to improve their jumping capability, but do not wish to spend money on pricey programs, weights, or the non-effective special shoes. Though some of the workout programs available to provide excellent results, the same result can be accomplished at home employing a few easy exercises.

What you need : A jump rope, a chair, an open area to run and jump.

The Exercises

Armless Spring-Ups : Stand straight with your feet about a foot apart. Place both of your hands on your head with your elbows pointing each off to a different side. Using all the efforts you have, crouch down a bit and spring into the air. Land with your knees a touch bent and as quickly as you can, bounce into the air once more. The secret is to jump as high as you can every leap. Do 20 to 25, 3 or 4 times.

Squats : Stand with your feet shoulder distance apart. Taking a look at an object above eye level and maintaining a straight back, bend at your knees as if you were going to relax in a chair. Keep your heels on the floor. Make sure that you get your quads parallel to the ground, for complete range of motion. Breathe as you descend. Stand up by extending your hips and knees until your legs are straight, and breathe out on your way up. For added results hold some dumbbells or a barbell of your choosing.

Jumping Rope : This is self explanatory. Listening to music or watching TV while jumping rope can make jumping rope more agreeable, and jumping rope can provide you with fast major results. Try to build up the number of repetitions each day.

Power Step-Ups : Grab a chair, preferably an old one, but not one that may break. Place one foot on the front of the chair and use only that leg to jump up in to the air, swinging your arms and shoulders to get your highest jump. Land carefully with the opposite foot on the chair and the foot you simply jumped with on the ground. Do 20 or 25 repetitions, 2 or 3 sets.

Remember to Stretch : Stretching regularly is of similar importance as any of the exercises. Try to stretch all of your muscles at least three times per day. This will make you more flexible, and a general better sportsman. It'll also make your muscles stronger and help them heal fast after a powerful day of leaping.

About the Author

Best Vertical Jump Info at [WORKOUTS TO JUMP HIGHER](#), that can increase your vertical considerably. Go here [exercises to increase your vertical](#)

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