

3 Tips To Boost Your Vertical And Crush The Chumps Who Can't Even Get Rim

Ever wished to jump just little bit higher but all the different techniques you've tried just haven't worked? Are you a basketball player that must take that additional step for your vertical jump to reach your goals? Well from basketball to trace and field sports, having a huge vertical leap can be an invaluable asset.

You've to learn how to boost your vertical if you'd like to actually have a chance to excel at basketball. Every side of the game requires you to jump higher than your competitor, if it's dunking, shooting, rebounding or blocking shots. Below are 3 tips to enhance your vertical and crush the chumps who can't even get rim:

1. Build your leg muscles - It can't be emphasized enough that if you need to discover how to boost your vertical, you have to build your leg muscles. The absolute best exercise for this is squatting, wither with free weights or a machine.

Squats are critical because they build your quads (front of the leg), hamstrings (back of the leg) and your glutes (your butt, for lack of a better term). By strengthening these muscles you can literally add explosive inches to your vertical.

2. Build your calf muscles - Almost as similarly crucial as your leg muscles are your calf muscles. Building these will add that additional juice to your jump and may actually give you an extra inch or two.

The best exercise I've found to build your calves is to simply stand on the fringe of a step with the balls of your feet and your heels hanging over the edge. What you want to do is then raise yourself up on the balls of your feet. Then lower yourself back down so the heels go under the stair surface. Commence with doing this with both feet and then continuously work up to doing it with one leg at a time.

3. Practice like a maniac - Face up to it if you'd like to find out how to boost your vertical, you've got to practice - and practice a lot. You should literally be out every day practicing for as much time as practical. Set your goal and don't give up until you reach it.

Follow these tips and you literally will be crushing the competitors in no time.

About the Author

Best Vertical Jump Info at [jump higher for basketball](#), that can increase your vertical considerably. Go here [how to increase my vertical](#)

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