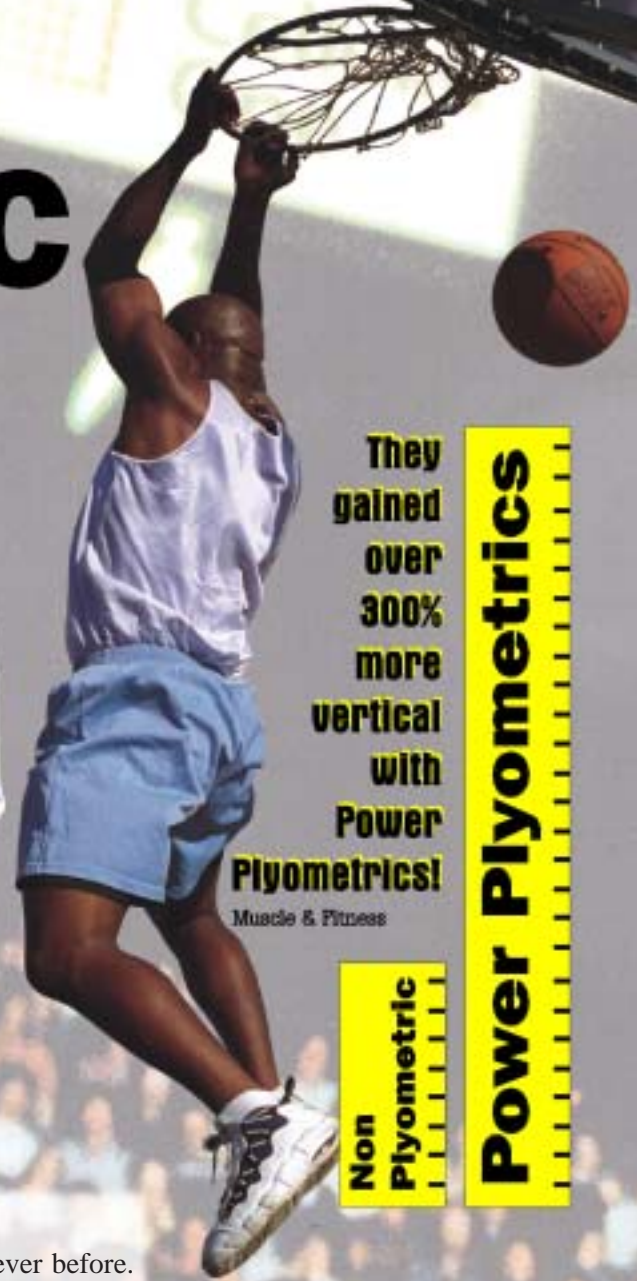
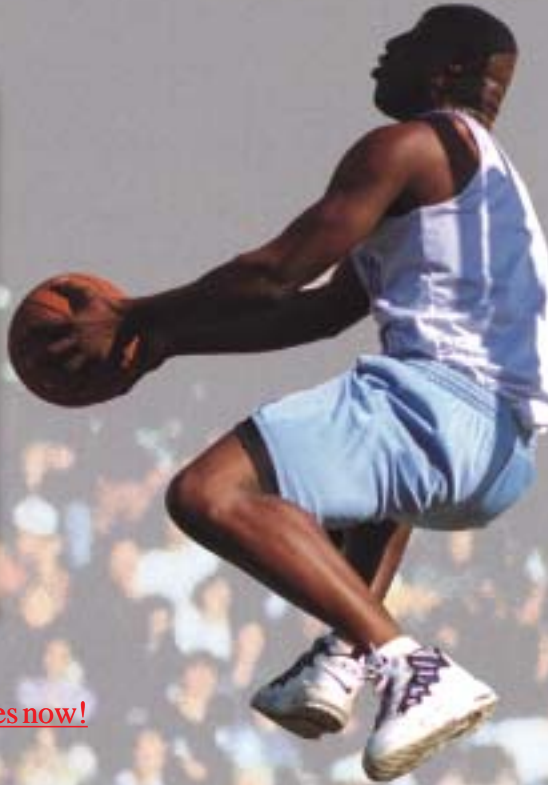




# THE PLYOMETRIC PRINCIPLE



They  
gained  
over  
300%  
more  
vertical  
with  
Power  
Plyometrics!

Muscle & Fitness

Non  
Plyometric

Power Plyometrics

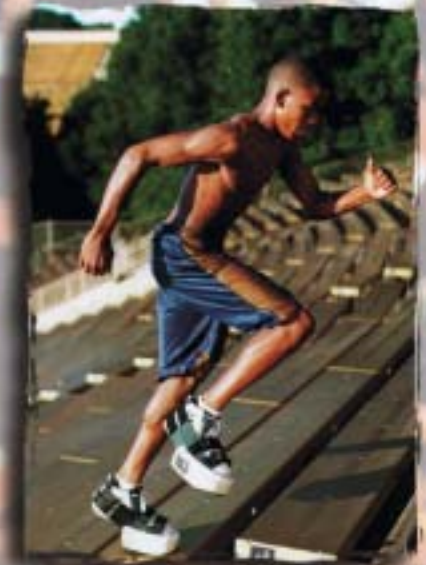
[Click here to order Jumpssoles now!](#)

## WHAT IS PLYOMETRICS?

New advances in science make it possible to run faster and jump higher than ever before. Plyometrics is a form of exercise which links strength with speed of movement. There are two phases of muscle contraction during the running or jumping motion. Muscles go through a stretch phase, and then a contraction phase. Plyometric exercises are designed to shorten the cycle time between the two phases. A rapid cycle time allows maximum energy transfer between stretch and contraction phases. The new frontal platform shoes have been shown to dramatically improve plyometric exercises. Training in frontal platform shoes is increasingly becoming the method of choice for serious sprinters and jumpers. No other method develops as quickly, the specific muscle groups and neural connections essential for running speed and jumping height.

## REPROGRAM YOUR LEGS

Frontal shoes specifically target the lower leg muscles largely under-trained by normal means of exercise. Compared to fleetfooted animals, humans remain stationary and in standing position much more of the time. In standing position, the heel supports most of the body weight. As such, humans have evolved a shorter forefoot to heel distance, and the lower leg muscles are not as powerfully developed as in most other animals. With frontal shoes the geometry of the lower leg is radically altered and actually made more efficient for sprinting and leaping. Muscle memory is completely reprogrammed. More neural connections are made to the lower leg muscle fibers and more of these fibers are now of the fast twitch type. Swift animals have evolved to run and jump off the forefoot. Their heels never touch ground. Like a springing panther, the athlete who has trained in frontal shoes is conditioned to take flight completely off the forefoot achieving maximum lift and acceleration.



[Click here to order Jumpssoles now!](#)

**The world's best Plyometric Jump Training System**

- Almost 5 pounds, the hardest workout your calves may ever feel!
- Rock solid hook & loop strap-in system

**TRAINING MANUAL**

- Non-marking cross-training soles to grip on court or turf!

**JUMPSOLES**

**Put in Your legs 360° of Unstoppable Force!**

**Gain Fast Step Quickness**

**Power**

**Stability**

**Balance**

**new v4.0 Proprioceptor™ Ready**

**JUMPSOLES**

*sold separately*

### **WHY ARE EXPERTS RECOMMENDING FRONTAL PLATFORM SHOES?**

Coaches and sports physiologists agree that nothing is better than frontal platform shoes at developing the calf and lower leg for greater vertical jump and running speed. Jumpssoles™ are the one and only platforms that convert your own shoes to the best frontal platform trainers in the world.

### **MAD HOPS: THE KEY TO JUMPING HIGH AND SPRINTING FAST**

Muscles are made up of two fiber types - fast twitch and slow twitch. It's the contraction of fast twitch fibers that generate jumping power and sprinting speed. Training with Jumpssoles™ over time packs your legs with extra fast twitch muscle fibers giving you explosive power to elevate.

### **AMAZING RESULTS!**

The Jumpssoles™ Power Plyometric Video Training System contains over 15 special exercises that begin with plyometrics, and then go way beyond into advanced power plyometrics. The Jumpssoles™ system delivers tremendous results. In as little as 6 weeks you will decrease your time in the 40 yd dash by up to .2 seconds and increase your vertical jump by 5 to 10 inches or your money back!

### **NBA, NFL, & MLB TEAM TRAINERS ALL SWEAR BY THIS SECRET:**

Proprioception is a form of training that is to pro trainers perhaps the most exciting recent development (and also the least known to the public.) Proprioception uses controlled destabilization to multiply workload and sharpen neuromuscular reflexes. Team trainers have discovered that their athletes are more sure footed and injury free, with faster results than traditional workouts on a flat surface. The new Jumpssoles™ v 4.0 are the only platform trainers on the market that have proprioception capability. The controlled imbalance cre-

ated by the Proprioceptor™ Plugs forces your brain to fire impulses to your muscle fibers over one thousand times per second. The loading stimulus is radically supercharged, like nothing you've ever felt before. After just one workout you'll feel the amazing difference in your game. You'll blow past any defender with your first step quickness. You'll possess bionic knee and ankle joints that are virtually injury proof.

### **JUMP HIGH SPEND LOW**

At only \$69.95, Jumpssoles are the lowest cost, most feature packed frontal platform shoe system available. Why pay up to twice as much for half the performance? Leap to new heights. Astound your friends. Dominate, even dunk on your opponents! Order your Jumpssoles™ now!

**Who Else Wants to Jump 5-10" Higher?**

*"In only 4 weeks I gained 7 inches!"*  
- M. King, Miami, FL

*I have purchased 18 pair so far. . . I now have four team players who are under 6'2" and can touch the top of the square above the rim from a standing start at the bottom of the net. Thanks JUMPSOLES!*  
- Carl Finch, Head Basketball Coach, Modesto, CA

*I pulled off a 180° reverse slam after gaining 9½ inches in 2 months.*  
- James Schmidt, Minneapolis, MN

*I am only 5'10", and thanks to JUMPSOLES I can now dunk a basketball.*  
- Jeff Williams, Chicago, IL

*"I have been using the JUMPSOLES only 4 weeks and can slam dunk now."*  
- F. Barman, SWITZERLAND

*My football team gained an average of 6" in vertical jump. I am truly amazed!*  
- Gary Agnitsch, Benicia, CA

[Click here to order Jumpsoles now!](#)

**LATERAL CONE HOP:**

Jump over a cone or similar object from side to side spending as little time on the ground as possible.



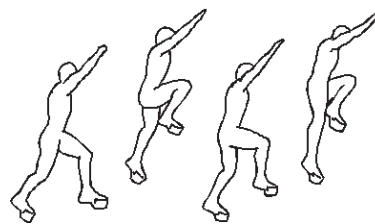
**BOUNDING:**

Standing long jumps. Bound forward immediately upon landing. Try to leap for both height and distance.



**SKIPPING:**

Skip with exaggerated high knee action.



**BOX JUMPS:**

Jump down from a box or platform 2-3 ft. high. Jump high in the air in explosive reaction. Get back upon the box. Repeat.



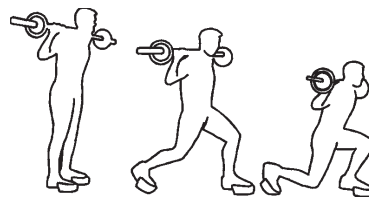
**RIM JUMPS:**

Jump as high as possible toward a basketball rim or similar target. Jump back up immediately upon landing. Spend as little time as possible on the ground.



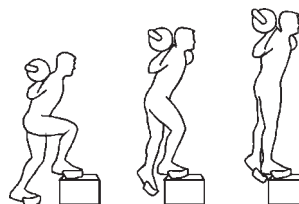
**SQUAT LUNGES\*:**

Beginners and under 16 use no weights. Do only body weight. Advanced athletes use a barbell or 2 dumbbells. The goal is to be able to do multiple repetitions with weights of  $\frac{1}{2}$  or more of your body weight.



**STEP-UPS\*:**

Use a sturdy 12" box. Beginners and under 16 use no weights - only body weight. Advanced athletes use a barbell or 2 dumbbells. The goal is to be able to do multiple repetitions with weights of  $\frac{1}{2}$  or more of your body weight.



[Click here to order Jumpsoles now!](#)

## The **JUMPSOLES™** Phi Slamma Jamma Program

The Phi Slamma Jamma Power Plyometrics Program is the world's best vertical jump building program because it combines weight training with plyometrics. Done without Jumpsoles, it is quite effective. However, when done with Jumpsoles, the program is 120% more effective, as the Jumpsoles isolate and strengthen the crucial lower leg area which generates up to 30% of your vertical jump. Do drills twice a week such as Tuesday/Friday or Monday/Thursday. Proper rest on off days is critical for results.

Warm up with 1/4 mile jog in normal running shoes. Or indoors, try jumping rope 2 min. in Jumpsoles. Stretch.

Strap **JUMPSOLES™** onto shoes securely. Remember, the heels should not touch ground. Get used to the Jumpsoles during the first 5 days. Walk in the Jumpsoles for 1/2 hr, and then do 2 sets of 10 calf raises. The following week, begin the **Phi Slamma Jamma Program**. For each exercise, do the amount of repetitions as indicated by the week.

EXERCISE	AMOUNT	WEEK								REST min
		1	2	3	4	5	6	7	8	
- Lateral Cone Hop	15 jmps	0	1	1	2	2	2	2	2	2
- Bounding	25 yds	0	0	1	1	2	2	2	2	2
- Skipping	25 yds	0	1	1	2	2	3	3	3	1
- Box Jumps	10 jmps	0	0	1	1	2	2	2	2	4
- Rim Jumps	15 jmps	0	1	2	2	2	2	2	2	4
- Squat Lunges*	10 reps	2	2	2	3	3	3	3	3	1
- Step-ups*	10 reps	2	2	2	3	3	3	3	3	1

*\*You should always do these last. Doing these weight lifting exercises before plyometrics could lead to injury.*

After **JUMPSOLES™** workouts, cool down with 1/4 mile jog in normal running shoes. Or indoors, try jumping rope 2 min. in Jumpsoles. Stretch. Proper resting on off days is very important, as it takes at least 48 hours to properly rebuild the muscle fibers broken down by plyometric and strength training.

During the off season after you complete the 8 week **Phi Slamma Jamma Program**, rest 10 days and build back up again from week 4. Increase poundages on lunges and step-ups. This practice is known as **periodization**, and is explained in the Jumpsoles Training Manual. Repeat the cycle until the competitive season. Here, **USE CAUTION!** Overtraining during the competitive season can lead to burnout and poor performance. Some workout is needed to maintain peak condition, but proper rest is just as important for peak performance. Box jumps are especially strenuous and should be done with caution during competitive season. Stop all box jumping 3 days before competition. Cut back on weight training. Do only 1 set of the squat lunges and step-ups to maintain your strength.

**Recent discovery:** **Creatine Monohydrate** has been shown to increase the results gained from plyometrics and weightlifting. Use **Jump USA Vertical Blastoff Effervescent Creatine** to intensify your workouts for 25% greater results. You need to take four doses: a dose in the morning, at lunch, at dinner, and immediately after you do your workout, at whatever time in the day you do it. For the complete report on **creatine loading for jump training**, visit the website [www.jumpusa.com](http://www.jumpusa.com)

© Copyright

[www.JumpUSA.com](http://www.JumpUSA.com)

[Click here to order Jumpsoles now!](#)