

## Special Report

### This Magic Exercise Adds 3-5 inches to Your Vertical Immediately. . .

The vertical jump has both force and a time component. To jump high requires power output explosive enough to release the maximum amount of force possible in a blink-of-an-eye-quick amount of time measured in milliseconds.

For gaining explosive power output, perhaps **the single most effective exercise is depth jumps from a height of 24 inches** or more. This is also known as a drop jump.

Very useful for depth jumps, a **plyometric jump box platform** is specially constructed for this type of exercise. A chair or stool can also be used, but the effects will be less noticeable as your platform height gets lower. To do this exercise, step up onto the platform and drop onto the ground. As soon as you contact the ground, jump up in explosive reaction, as high as possible. It helps to do it under a target such as a basketball goal. That way you can really see your target and get a frame of reference for the jumping gain you are about to experience.

**Watch a properly done depth jump shown here at 0:37**

Note: A **force multiplier** for your depth jumps, the **Jumpssoles** plyometric shoe platforms train you to explode off your toes for a more powerful jump upon landing. They're optional equipment for doing depth jumps. In shoes alone, depth jumps can add up to 3 inches to your jump immediately. In Jumpssoles, the same depth jumps can **add up to 5 inches** to your jump **immediately**.



Depth jumps are a type of box jump. Although box jumps are commonly shown with athletes jumping onto the box, you don't want to do that in this case. Rather, you are better off jumping up toward an overhead target directly above your landing spot. It gives you a higher target to shoot for, and it's more realistic jumping practice especially if you're learning how to dunk. Another reason you don't want to jump back onto the box is that it's unnecessarily risky. You you might miss and sustain an injury such as scraping your shin against the edge of the box platform, or even worse.

Do a set of 8 depth jumps with full recovery of 30 seconds in between jumps. Remember, this is a pure power building exercise, not a cardio. It's anaerobic, not aerobic, so you want the full muscle recovery in between jumps.

After you do a set of 8 of these jumps you'll be amazed to see an instant gain of 3-5 inches. The difference in vertical jump before and after this exercise is dramatic. The inches you gain are usually temporary at first, but as your muscles develop from consistently doing this exercise, your gains will stay with you longer and longer.

## Here's what's happening - Why this works: the Plyometric Principle.

As you land, your jumping muscles are first stretching to absorb the landing and then contracting to jump back up. The milliseconds it takes to go from stretch to contraction is known as a stretch cycle. Plyometric jump training works to shave off those milliseconds and further quicken those stretch cycles. By jumping back up in explosive reaction you are training your neurons to fire more quickly. Quick neural firing coupled with good leg strength yields explosive jumping power. As you come down from an elevated height, gravity is compounded and you're forcing your muscles to fire explosively by a factor of up to 9 times your body weight. If you're 150 lbs, for a split second your leg muscles are exposed to a force of up to 1350 lbs. While that's a load you could never possibly squat, it's a load your legs feel for a split second which challenges your legs respond to in an equal and opposite way.

### Guidelines for Depth Jump Training:

This is a high intensity plyometric exercise which is most effective when you have a sufficient amount of basic muscle strength in your legs. To get to the point where high intensity plyometrics can do you the most good, you want to build up your leg strength by doing barbell squats, deadlifts, or olympic lifts. Portable and convenient, a device called [Squatflex](#) is an excellent elastic resistance based solution.

### What height platform is right for me? 24, 30, 36, 42 inches?

It's called gravity loading: The higher the platform the more force is loaded as potential energy. Beginners use a chair or stool. You'll still notice some small gains of an inch or two. For many athletes a good starting point is a 24 inch box. The higher your platform, the greater the amount of force your legs will experience at ground contact. The quality of the jump must be explosive, with minimal ground contact time. Your time spent on the ground at landing must be millisecond-quick. If you're having trouble instantly bounding back off the ground, your platform height is too high. For advanced athletes with jumps over 30 inches, 36 to 42 inch boxes offer optimal gravity loading.

### When should I do this exercise?

Do this exercise while you are relatively fresh after you are properly warmed up. Jog 1/4 mile or jump rope for two minutes. Do this exercise early in your workout while you're relatively fresh, and BEFORE doing any leg based weightlifting. DO NOT do this exercise AFTER you've done any leg based weightlifting or otherwise had a heavy practice day. When your legs are not fresh they will not respond to explosive movement plyometrics.

To Your Increased Vertical!  
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