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Summary:

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How - Jump Manual In track and field events such as high jump, long jump and triple jump, the sequence of steps is precisely calculated. Part of this sequence includes lengthening the stride of the second to last step AND shortening the stride of the very last step. The long stride lowers the center of gravity and "loads" the body to jump while. The Jump Manual PDF Download (Free) - Sports Science .co While the preview PDF (below) is very useful and will have you jumping higher within minutes, it is just one small aspect of the full training system that is The Jump Manual. The full system takes you through every part of vertical jump training with chapters such as: The Nine Fundamentals of Jump Manual Exposed In This Review About Jump Manual: It is intense workout program created by professional coach Jacob Hiller for all those people that want to increase their vertical jump. In this program Jacob Hiller shared secret strategy that can increase vertical jump by up to 10 inches.

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