

Strength[®]

Train today. Own tomorrow.

How to Increase Your Vertical



When a lot of us exercise, we focus on activities that involve horizontal movements, like running and swimming. However, a lot of sports involve vertical motion, most notably basketball, and there are many benefits to be gained by doing exercises that emphasize vertical movement. If you're interested in learning how to increase your vertical, you should focus on the specific muscles, exercises, and equipment that will give power and height to your jumps.

Muscles Used in the Vertical Jump

Each of these muscles has an important part to play in making your vertical jump as high as possible. Incorporate all of these muscles equally into your workout.



Calf muscles: Your calves play a vital role in harnessing the power you need for a successful high jump. Activating their fast twitch fibers through consistent training is a key element in improving your strength, speed, and power.



Hamstrings: The hamstrings are comprised of three muscles on the backs of the thighs. Their main function is knee flexion and hip extension—transferring power between the hip joints and knee joints.



Quadriceps: Four muscles on the front of the thighs comprise the quads. These are activated by bending and straightening the knees. Strong quads will increase the number of times you can jump without experiencing fatigue.



Glutes: The gluteal muscles, located in the buttocks, are large muscles that allow us to bend and straighten our hip joints, transferring power between the legs and hips.



Abdominals: A strong core is an important part of maintaining vertical momentum, as the energy moves upwards through your body when you jump.

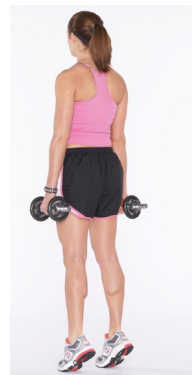
Exercises to Increase Your Vertical

Focus on exercises that target each of those five key muscles. Here are some examples that will help sculpt your body into a powerful vertical jumping machine.



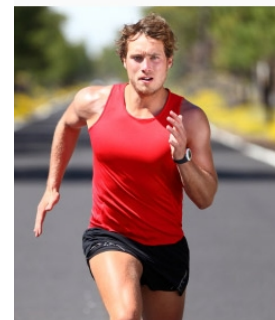
Squats: Squats use all the same muscles as vertical jumps, which makes them the perfect exercise for increasing your jump height. For the most effective squat, slowly lower your body, then raise yourself quickly. If you're new to squats, begin by using your own body weight, and add weight with a barbell as you get stronger.

Calf raises: Perform sitting and standing calf raises using a gym machine or barbell. Use enough weight to cause muscle fatigue after about ten repetitions. Let your muscles recover for several minutes between sets.



Jump rope: Nope, it's not just for kids anymore! While jumping rope will help develop all of the muscles used for vertical jumping, it is especially beneficial for the calves. Warm up at a comfortable pace, then jump as fast as you can for about 30 seconds. Give yourself a break for one minute, then repeat this cycle for about 15 minutes total.

Sprinting: Sprinting increases fast twitch fiber speed and power in your legs, which both go a long way in turbo-charging your jumps. Doing endurance running won't help: you have to sprint (aim for about 60 feet at a time). You should be out of breath when you're done.



Weighted jumps: When you supplement your workouts with weighted clothing, your body will work your muscles harder to compensate for the extra pounds. Then, when you remove the clothing, you'll be able to go higher than you initially could.

Equipment for Increasing Your Vertical

[Strength Systems](#) features several useful products that can help you make your best vertical jump. Here's a brief run-down of our [best jumping products](#).



Strength Shoes: Athletes report gaining 5-10 inches in their vertical jumps. These shoes also help you develop some serious calf strength.



Weighted clothing: Our Strength Vests and Strength Shorts help your muscles get stronger as your body accustoms itself to carrying extra weight.

Protein Nutrient Shakes: Can't build muscle without protein! Fuel your workout with this unique protein formula.

Use all this knowledge while planning your next workout, and you'll be touching the sky in no time.



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About Strength Systems

We design and manufacture the world's most innovative and effective training products for young athletes. We strive to keep our products affordable, yet maintain the highest standard of quality. Our commitment to keeping our customers 100% satisfied means every young athlete will always have what they need to reach their full potential.

The original plyometric platform shoe was invented in 1984 by Paul Cox, and Strength Systems was established in 1984 by our company's founder, David Bouza. By 2010, we manufactured and sold over 500,000 pairs of Strength Shoes to generations of serious young athletes all over the world.

Moving forward, Strength Systems is committed to maintain our proud tradition as the leading innovator of elite athletic training products worldwide.

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