



Jump 1-2 Inches Higher Today!

Hey what's up guys? My name is Chris Azzari and I wanted to thank you for stopping by JumpHighNow.com and signing up for this simple technique that is going to help you jump 1-2 inches higher today! Like literally today... like read this then go try it out...

Before I go over this technique I just wanted to talk about a few things.

- Sure some people have natural ability to jump higher, run faster, etc...
- Don't let that discourage you! With enough practice and training you can change your current physique and abilities!
- If you don't work hard and practice techniques and exercise then you won't get the results you are looking for!
- So... check out the technique below to get you jumping 1-2 inches or maybe even more today.

Technique

Pretty much with everything we do, we get better with practice. Good technique will really elevate your game, but it will take some practice.

Here we go...

With this method we are going to coordinate and use our body to give us a bit of a boost.

This is for jumping off of one leg and assuming you are reaching with your right hand. Just switch this if you are lefty.

Let's focus on trying to touch the rim or dunk a ball, but you are just not there yet.

You would run at the basket and jump off your left leg and reach with your right hand.

Now the trick is when you jump off your left leg you need to really swing your right knee up. I am talking like you are kneeing someone in the face. So when you explode off your left leg, swing the right knee up as well as your hand.

This does two things.... The right knee swinging up gives you more upward momentum and it extends your right arm/hand up higher, giving you an inch or two more vertical. Sometimes all we need is an inch right??

It might feel awkward at first, but keep trying till it feels comfortable. Try it without a ball at first, if you cannot palm a basketball then try with a mini ball. It might take you 10-15 minutes to get it right, but by then you might be tired out. That is ok just keep using the technique till you get it right.

Not only will your technique be a bit smoother, but in this process you are going to get stronger. Don't forget if you master it this way try it off the other leg as well. Having a balanced physique is an advantage.

Stay tuned for some more tips... over the next week I will send you more FREE tips and this next one will give you some info on how to increase your vertical standing from two feet.

If you have any questions or are confused about the above just shoot me a message here

<http://www.jumphighnow.com/contact-me/>

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Chris