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Download It Now! I was ready to give up for good. A great way to isolate your run up and jump technique. No. Vert Shock does NOT require any equipment or access to a gym. We were very careful about who we decided to work with and these guys are the best, hands down. Its creator, founder and CEO of Thincpro, Adam Folker, makes the bold claim that it will increase your vertical by 9-15 inches. It can be contrasted with endurance training where you maintain a certain intensity over a prolonged period of time. But the real question we should ask is, WHY? The founder of Thincpro and brains behind the Vert Shock Program is Adam Folker, an ex-UC Irvine NCAA player and now professional Basketball player in Europe. Some Optional Modules Are Not Free While you need after you purchase Vert Shock, there are some upsells. You might find it surprisingly difficult to find the time to workout consistently over 8 weeks. Each phase is supposed to achieve a different goal. I'm 26, with a full time job, so it didn't seem that big of a deal. It is very well put together IMO and a great place to learn the exercises that boost explosive power. What if I need help or have questions in the program? What You Get As soon as you make the purchase, you're given your login details to the members section. This might not mean much to you unless you already know your own, but given that the NBA average is 36" and the NFL average even higher, my lack of conditioning was clearly limiting my jump. On the last day (a rest day) during the phase, my vertical, as expected, had come back and was back at 24 inches. There is also extra content for things like nutrition, dunk 'hacks' and a maintenance program to make sure you maintain your hops after completing the core program. Unfortunately, Justin 'Jus Fly' Darlington's extra workouts come at an extra cost Despite Vert Shock suggesting that you add these exercises into the standard 8-week routine, I actually think it's better to grab this later and work on AFTER you've completed the course (which is already intense enough as it is). The exercises are extremely varied. [su button url="#ed3336" size="18" center="yes" radius="0" rel="nofollow"]Get Your 50% OFF Vert Shock Discount[/su button] If you do go through with the program yourself, make sure to leave a comment below. Vert Shock uses strategic exercises and set/rep combinations to target your elastic muscle fibers. In fact, you are the exact type of person who will see get the biggest jump gains from this program. Adam might not be as loud or energetic as P90X's legendary Tony Horton, but everything is explained clear and concise. It's not the same as increasing your vert, but the principle is similar: Follow a workout plan and become physically stronger. If something was going to work, it was this. Harder to find. There are two notable modules that aren't included in the initial price. You can do the program at home. It cuts to the chase. But if you're serious about committing 8-weeks to developing your jump, it's well worth the read (I hope!). A smaller guy capable of causing mayhem in a field of giants. In fact, in one major study, endurance athletes were found to have lower testosterone levels than untrained individuals. It was during the second week that my vertical had reached close to 25 inches, and I was now able to touch the rim. Exercise videos of each movement are included so there is no prior workout experience needed. Basically, our bodies only recruit the Type IIb, fast twitch fibers as a last resort. What Didn't Work NBA's smaller fellas inspire us all to dunk Just guessing here, but I reckon many people who want to dunk follow a fairly standard pattern: Check out Spudd Webb (5'7) and Nate Robinson (5'9) dunk reels for inspiration and motivation. But something about Vert Shock was very appealing. In between each interval you rest and allow your body to recover. I'll say this now - it's a long read. Full HD exercise videos make sure you perform the exercises just like you should It doesn't take long to realize why it's named the 'shock' phase. And voila Where everything your body 'learned' in steps 1 and 2 becomes cemented in your muscle memory. Vert Shock does not use any heavy weight lifting so it will not stunt your growth. My starting and final vertical jump measurements are as follows: Before (August 2017): 24 inches After (November 2017): 34 inches The Vert Shock program had resulted in a 10 inch gain to my vertical jump. Paid Optional Extras: For example, the "Thincpro Jump Like Justin Workout" which focuses on extra dunk techniques, needs to be purchased on top of the original program. I am being asked this question a LOT. But, I cannot but help want to share my praise for the program. Therefore, I wasn't particularly concerned that I hadn't made any significant gains. Think of this as the icing on top. The main reasons for this is that short bursts of activity increase testosterone levels and growth hormone secretion. Sometimes I left certain exercises out because I felt like I was too tired or the exercises weren't the most beneficial. Summary Overall, Vert Shock is a brilliant choice if you are looking to see big improvements in your vertical leap with minimal equipment needs. He'd send chills down my spine every time he dunked. It left me leaner and feeling healthier than ever before... Vert Shock Is A Form Of HIIT High Intensity Interval Training (HIIT) is a form of training where you do intense bursts of exercise. Not only because we should care about who is behind the jump program, but also because he'll be your personal instructor over its course. I am not going to lie, I didn't manage to stick to the program 100%. Does it expire or do I have been tempted to end it there and then, but given how much I had gotten out of the program so far, I was determined to see it through to the end. The purpose of this phase is to polish your jump motion and commit everything to muscle memory. 30 minutes per session. You can access the members portal on any device connected to the internet. Vert Shock does NOT require any equipment or access to a gym. A half-assed approach will NOT work. Is Vert Shock too advanced for me? We back off the intensity this week and allow your body to unleash a FURY of vertical jump potential. In bodybuilding, it is common knowledge that consistency and progressive improvement is key to building muscle. Here you will be able to read and post in the private forum as well as ask me any questions you may have. It's called Clickbank and it's responsible for millions of transactions per month with the latest security in place. You will train 4 days this week for 30 minutes per session.vert shock pdfVERT SHOCK Step 2:Vertical Jump Training: VERT SHOCK training is designed to really push the limits. After all, it is the jump program I had success with and it DID result me in landing my first slam dunk. Download Vert Shock free pdf about baseball Vertical Jump Training manual for dunk skill improvement. Each of your movements will carefully target those neglected elastic fibers. Having done some weightlifting in the gym previously, I was pretty confident that my body would come back stronger after rest. Vert Shock Pricing Vert Shock Pricing Vert Shock isn't the cheapest jump program around. But for jumping? You can access the members portal on any device connected to the internet! How does it work? Before I heard about Adam Folker's program, I spent weeks working on exercises like these and following YouTube videos. Now, compared to the rest of the program, the 45 to 60 minute workouts were actually pretty easy going, but there's little doubt you'll develop be left with sore muscles. I was well aware of that, and so I began researching ways to increase my vertical jump. Nope. Here we 'shock' your body into jumping higher than you ever thought possible. BONUS: Vert Shock Gets You Ripped Vert Shock's primary purpose is to dramatically increase your vertical jump in the shortest time possible. Given my 6-foot height I would still need around another 2 inches before I could even skim the rim. Workout Days By Each Program Week Vert Shock takes the timing and spacing of your workouts very seriously, as it understands limits in muscle development and the dangers of over-training. Chances are you'll be like me and do a hundred squats here and there, then try some box jumps if you have energy left and maybe spend the next day doing non-stop jump rope. Ready to be called on at any time so that you can rise up and throw down massive rim-rocking dunks on command. Chances are you'll find plenty of resources. Will Vert Shock help me? Luckily, I got it with a 50% discount which brought it down to \$67. Superstars were involved in its production and the testimonials were overwhelmingly positive. You'll need a 4G connection if you want to train on the beach. Results will of course vary from person to person, but the 9-15 inch guarantee doesn't seem far-fetched. The exercises in this final phase are mainly jumps you have already trained before, but the number of reps is higher. There's no guesswork. If they can do it, I can do it! Watch YouTube videos on how to jump higher. Fast forward to week 4 my vertical had shot up to to 27 inches, meaning on average I had been gaining an inch every week. (In fact, most people put his height at 5'11, and don't forget the NBA measures players' heights with shoes on.) The point is I always fancied myself as a bit of an Iverson-esque player. As you've just read, it worked for me, so the short and simple answer would be yes. Just do these 5 exercises every day and you'll be dunking in no time! Follow those exercises for a couple of weeks. Allen Iverson was my childhood hero. Make Sure You Don't Have Too Much Going On Two months isn't exactly a long time, but finding two months where you know you'll be able to fully commit to the program is not easy. They were in desperate need of some recovery time. It is currently the best-selling vertical jump program on the market and honestly, it's easy to see why. Update: The Jump Like Justin System is currently an exclusive timed bonus, meaning you'll get it free with any purchase of Vert Shock. Are the testimonials real? It is important that you explode on every jump during this phase of the program. The result? My legs would no longer feel super sore a day after exercising, even though some fatigue would linger. Inside you will be able to access the complete Vert Shock program along with all of the bonuses and Jump Like Justin free bonus course. All our payment processing is handled by a separate billion-dollar company that has been around for decades. You will train on average just 3 days per week. As a result, it is intense and perhaps not the ideal program if you are suffering from any joint issues. Not only was I lacking in height, but I wasn't born an athlete. After you purchase you will instantly be given a login to the members only site. And, he seems like a pretty chill guy. The Jump Like Justin Workouts are a supplementary set of exercises which focus more on perfecting jump technique than developing your muscles. Well, I'm a hair under 6-foot (182cm for you Europeans!) so technically around the same height as him. It was WAY more focused than those random YouTube videos I'd been watching. All of this might sound very challenging. The reason it works so well is simple: People stick to the program, which gives them a solid framework to work with, and the results are phenomenal. After these 6 weeks, you will be leaping higher than all your friends ever thought possible.vert shock freeVERT SHOCK Step 3: Vertical Jump Training: The final phase of the program is the 'The Post-Shock Phase. Adam himself is careful to state that the first week isn't designed for increasing your jump, but rather condition your body for the shock phase. Of course, it's important to approach things like this with a healthy degree of skepticism. No Offline Mode (Can't Download Videos) Hold up. Your strengthened elastic fibers will make it feel like a huge weight has been lifted off your shoulders. Vert Shock free PdfVert Shock free PdfVert Shock free pdf download. Yes, and you will get the same if not better results even though you are training in-season. It's Not Just For Dunking Understandably, dunking is the main goal for the vast majority of people using Vert Shock. Post-Shock (Week 8) Results Landing your first dunk gives you a high that no drug could ever beat At the end of week 7 I was jumping 32" and actually able to, albeit inconsistently, dunk a full-size basketball. Meanwhile, sprinters are among those with the highest levels of testosterone. Simply put, I needed to increase my vertical jump... by a LOT. All the speed and strength gains from the previous 7 weeks come together. At most you'll train 4. Pre-Shock (Week 1) Results One of the surprises I had was that the deliberately intense 'pre-shock' phase caused my vertical to decrease by almost an inch. As long as you get that right, you'll see good results. The Pros and Cons of Vert Shock PROS Great Instruction Videos and Easy Website Navigation: Adam demonstrates all the best exercises in Full HD and the website itself is well-laid out with a slick look. As you can see, Vert Shock requires a serious time commitment. Ouch. However, Adam has scheduled the workout in such a way that different muscle groups get a chance to rest. It's all about STRUCTURE Just go ahead and google or YouTube guides on how to jump higher. If you exercise at low intensity, you'll barely develop them. Fast forward 15 years and that burning desire to be able to dunk hadn't faded at all. For example, Stronglifts 5×5 is one of the most highly praised and recommended weightlifting programs out there. The program requires no weights or special equipment Necessary: Primarily trains you through plyometrics so you don't need a bench or any weights. But trust me, it's still very doable. It is just a bunch of standard weight exercises. No. We've designed this program for busy people like us so you only need less than an hour max 4 times per week to get all the results from it. Safe: The jump program was created with safety in mind. So Does Vert Shock Really Work, Then? If you thought you could download the whole system, transfer it to your phone or laptop and take it with you to the beach, then you're going to have a problem. The Vert Shock System Pre-Shock Phase (Week 1) The first week is the 'pre-shock' phase, in which your body is prepared for the rest of the course. I like it. In fact, it's probably a lot easier. However, doing the program will significantly boost your ability on the court in other ways: You'll be a better shot blocker and get more rebounds You'll be an aerial threat And that's just for basketball. Remember, we're going to be working SMART not hard. Me today! Sound Familiar? Maybe the super long sales pitch that Adam gives on his website seems fishy (I'll admit the marketing is a bit over the top). Everything left me feeling very frustrated. Vert Shock works by rewiring your Type-IIb muscle fibers, aka the fast-twitch muscles, through an intensive 8-week body weight workout routine. I'm really busy, will this program take up all my time? Justin 'Jus-Fly' Darlington after winning the Nike Slam Dunk contest Justin has made a career out of his 50"+ vert alone, so if there's anyone with a massive authority when it comes to dunking, Justin is the man. Since there's nothing to mail and no physical books etc, we can keep our program really affordable, saving you a ton of money for all this cutting-edge training. You heard it right, you only have ONE day of rest during your first week. That said, I can definitely understand that it's a serious financial commitment for some younger folk. Yes. You will train 4 days this week for an approx. That's where weeks 5-6 seemed to help. You could know how to do every single jumprelated exercise in the world but it won't matter if there's no system to your training. Vert Shock is a digital, online membership site meaning you get instant access to all the materials and videos the second you join, even if its 4am. The two month time frame isn't just there to make the program as short as possible. I'd love to hear other people's experiences! Peace - Max Free PDF eBook To Jump Higher Thanks for reading through the whole review! I know not everyone is ready to commit themselves to a 8 week course of jump training. My muscles became sore and I wasn't even out of shape before I started. I'd list all the stuff here but the members area is updated quite often so you're better of checking the official site. Thankfully Vert Shock offers a full 60-day money back guarantee, so if it doesn't work out for you it isn't money down the drain. However, when you're getting plenty of measurable results and what I like to term 'motivational milestones', you're mentally prepared to keep going. What makes Vert Shock so different? No Details Missed Out: Everything from the number of sets and repetitions to the amount of rest is all covered in detail. Here is a more detailed breakdown of how my vertical jump changed over the 2 months. Anyone remember this gem? I went to my local park, but you can also try your school track. Unfortunately, the odds were stacked against me I thoroughly enjoyed following Adam's workout instruction videos. Let's take a step back here. The reason for that is because your muscles are adapting to various plyometric exercises that they haven't experienced before. It is not complete Vert Shock program but just introduction about the Vert Shock. Not recommended for Injury Prone Individuals This is an incredibly intense workout plan, and I would suggest a slower training program if you often injure yourself through exercise. After ordering Vert Shock today you will be locked in and have lifetime access to the program. You just need to give it 8 weeks of your time. Pretty awesome, huh? A Little Bit About Myself Before we take a look at the program itself, let me give a brief introduction of myself. Before I started, my vertical was sitting at 24 inches. It's tough but arranged in a way that prevents overtraining and minimizes the risk of injury. Here were my motivational milestones: Touching the Rim (Week 2) Dunking a tennis ball (Week 4) A 'half-dunk' using a Basketball (Week 5) Onehanded Slam Dunk (Week 7) No need to worry about ball handling with a tennis ball. Of course, you should check with your doctor before doing any physical exercises trying to increase your vertStretching your shoulders out of their sockets just to swipe the net NO MORENO MORE sitting on the bench when you DESERVE to be out on the court dunking on peopleBeing afraid to attack the rim in games and practices NO MORE Feeling confident when you step foot on the court NO MOREVertical Jump Training: How VERT SHOCK Works? Vertical Jump Training: No More Feeling confident when you step foot on the court dunking on peopleBeing afraid to attack the rim in games and practices NO MORE Feeling confident when you step foot on the court NO MOREVertical Jump Training: How VERT SHOCK Works? Vertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO MOREVertical Jump Training: No More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step foot on the court NO More Feeling confident when you step muscle fibers. My jump is already pretty high at over 40 inches. This means that only a small fraction of muscle fibers are even capable of firing. It's goal is to condition your body for the latter 7 weeks and minimize any risk of injury. I guess this is partly down to copyright protection, in order to prevent people downloading the whole program and redistributing it to others for free. I was feeling insane levels of motivation at this point, the progress I was making was fueling my motivation. 3 Phases In 8-Weeks Vert Shock is an 8-week program split up into 3 separate 'shock' phases. Physically and Mentally Exhausting 8-weeks: You need to set aside some time and make sure you can commit yourselves to an intensive 8-weeks of training. By the way, the program also includes some sprinting exercises which I wasn't expecting. And it is. Do you know the number one reason why people fail in bodybuilding? In other words, Vert Shock is a complete and thorough program that guides you through every detail However, after doing all of that, my vertical had barely budged. Whatever the reason, I'll address the question here before I continue with the rest of the review. If you want to know the science behind the exercises, you're going to have to take your own classes in myology. A lack of consistency and planning. This is where the real magic happens. After completing Vert Shock, I was visibly leaner and feeling more energetic. At the end of week 6 I was able to jump 31 inches, and was able to perform a kind of 'half-dunk' with a basketball, where the ball would bounce off the rim as I couldn't quite generate enough lift to see it through. The 2018 strength training module - Complex Training Techniques - makes use of a barbell, dumbbells and more. Take advantage of these if you can access a gym! CONS I want my review to be as unbiased as possible, so I'm not going to look past the cons, of which there certainly are some you must be aware of. How Does Vert Shock Work? You'll perform a staggering 662 jumps in this final week. Before Tracking your progress is essential to keep you on track. 60-Day Money Back Guarantee: Hopefully you won't need this, but it's nice to have. I can't stress enough how important it is to use the included Vert Tracker worksheet to make sure you keep track of changes to your maximum vertical leap as you do the program. The main obstacle would obviously be getting above the rim. Now if you compare the exercises found in the 3 phases of Vert Shock with all this free information on the internet, you'll realize there's a lot in common. The difference is in the structure. You might even expect most people to quit a few days or weeks in. You might want to go somewhere during the weekend or something unexpected might come up. Do I need any equipment? A 2 month program dedicated purely to increasing your jump? Adam Folker with Kobe Bryant He didn't create Vert Shock alone though. While I still had a long way to go before I'd be dunking a tennis ball, let alone a basketball, you can imagine the immense sense of satisfaction I got from managing to touch the rim for the first time. Of course you should check with your doctor before doing any physical exercise. However, in the end I managed to get through it all. And yes, I was dunking basketballs towards the end of the program. 2018 UPDATE: As more and more Folkersystem Members expressed a desire to have some jump-related workouts that utilized weights. Adam Folker has extended Vert Shock Pro to include strength training under the "Complex Training under the utilized weights. Adam Folker has extended Vert Shock Pro to include strength training under the utilized workouts that utilized weights. Adam Folker has extended Vert Shock Pro to include strength training under the utilized workouts that utilized weights. Adam Folker has extended Vert Shock Pro to include strength training under the utilized workouts that utilized weights. feature 3 rest days, more than any of the other weeks, and it's in these two weeks where your body seems to develop. Only the muscle contraction-extension cycle only has 0.3 seconds of contact time with the surface. Vertical jump barely changes... Give up. I have since gone on to check out other jump training programs like BoingVERT and Bounce Kit, but Vert Shock consistently comes out best in terms of presentation, value for money and effectiveness. Other programs will have a bigger focus on more general strength building exercises. If you do the program at a leisurely pace, you won't get the same results Ideally, you want to be completing the program on schedule. In Week 2, the first week of the 'Shock' phase, I could clearly feel my body had adapted to the jump exercises. Most other vertical jump training programs typically require 3-6 months of your time to see an average increase of 10 inches to your jump. Shock (Weeks 2-7) Results The shock phase will work wonders for your jump by rewiring your muscles to produce a more explosive jump Now, this is where the results really begin to show. Yes, but not as much as say, a newbie obviously. Sometimes I moved a workout back a day. We accept both Paypal and credit cards. I didn't even make the high school basketball team, despite being enthusiastic about the sport. It should go without saying that a powerful vertical jump will make a big difference in the likes of volleyball, football and soccer. I felt like it was perhaps too much, and my jumping form was deteriorating during the latter half of each workout session. Squats, jump rope, box jumps and lunges... These ARE the exercises that matter when it comes to targeting your fast twitch muscle fibers. However, they are a completely new set of exercises with weights added in, they are a completely new set of exercises with weights added in, they are a completely new set of exercises. It costs \$138 which is pretty steep. One big aspect of the program is that exercises need to be performed in quick succession in order to 'shock' and overload your muscles into being able to contract faster. Yet I still got results I was satisfied with. You simply can't overlook this hidden benefit of the program. Like week 1, due to the intensity of the post-shock phase, my vertical was fairly stagnant, hovering between 32" and 33". Vert Shock is safe for all ages. As an example, you'll do 2 days of exercises involving legs and then have a day that only involves upper body training. Progress Graph Take a look at the graph below to get an understanding of how my vertical jump changed as I progressed through the course. And so I decided to give Vert Shock a chance... Is Vert Shock A Scam? Few people have spent time devising a workout routine that maximize your gains. Here you'll find the core 8-week jump program and a bunch of other stuff. The Post-Shock Phase (Week 8) Finally, in the last week we've got the 'post-shock' phase. In this review I'll be sharing my personal, 8-week journey with the program. Can I trust you with my credit card? You'll be training for 6 days during this week. This produces explosive gains in your vertical jump. The Shock Phase (Weeks 2-7) Weeks 2-7 are the 'shock' phase, which is designed to strengthen your fast twitch muscle fibers. It is not hard on your joints... it's no more demanding than playing in a pickup basketball game or anything else you've probably tried. As it turns out, many users gained more than 10 inches. This is the most exciting time of the program. Videos need to be streamed. You will feel much lighter and springier on your feet. Deep squats for explosiveness - you'll be putting some serious work in. Since there's nothing to mail and no physical books etc, we can keep our program really affordable, saving you a ton of money for all this cutting-edge training. Vert Shock ReviewVertical Jump Training: Vert Shock program does not expire and you can log in as many times as you want. The intermittent training schedule allows for you to plan your workouts around practice times. The chart above shows you need to workout per week. Streamlined and Straight To The Point: Doesn't waste your time reminding you to eat your greens or advertise a bunch of equipment. However, literally the day after I had completed the course, my vertical leap had reached 34 inches! It was as if the Adam's training program had been perfectly orchestrated to produce this result at the very end. For a total of 40 minutes per session. Click on the following link to download. Vert Shock free pdf.Vert Training program. Top 5 Things To Look For In A Vertical Jump Program Out of all the vertical jump programs out there, Vert Shockrr is by far the most talked about. Unfortunately, I couldn't dunk, unlike him. And I don't want that to sound intimidating at all. You can do the program at home. Vert Shock does not use any heavy weight lifting so it will not stunt your growth. Is it really as effective as it claims? Whereas in week 1 my body felt awkward and movements felt stiff, all the jumps and other exercises felt like second nature. I've never even worked out before, can I still do it? Near the end of the week, my legs felt heavy and fatigued. However, I was still behind schedule if I was to make 9 or 10 inches promised by the end of the program. Like the first week, you'll only have one day of rest. The program looked exciting and sexy compared to the stuff I was used to seeing. My point is, don't be too harsh on yourself if you don't manage to follow the program exactly as Adam wants you to. This produces explosive gains in your vertical jump.vert shock reviewVERT SHOCK Step 1:Vertical Jump Training: During the first seven days of VERT SHOCK you will be introducing your body to the unique movement patterns and exercises of the program. Vert Shock is safe and works for all ages and levels. It is a very jump-intensive workout, meaning compared to its competition, you are actually performing a lot more jumps. Yes! If you would like to get in touch with any of the athletes that provided testimonials just ask! Vert Shock is a digital, online membership site meaning you get instant access to all the materials and videos the second you join, even if its 4 am. In the meantime, why not check out this eBook that goes over 5 of the most important exercises to increase your vertical jump. Together they'll show you what exercises to do, when to do them and how to do them and ho around unique jumping exercises combined with precise sets and reps. My Vert Shock Results Doing all the tuck jumps, burpees and 180 squat jumps wouldn't be worth anything unless it was contributing to my vertical jump. Now bodybuilding is extremely popular, so you'll find many excellent programs out there (Starting Strength is another popular one). This first step is called 'The Pre-Shock' phase and it's designed to get your body ready to fly. However, there's actually a major side-effect of the program, but its complicated structure and confusing explanations meant I didn't even make it past the first week. How long do I have to wait to get access to Vert Shock? This is how you consistently reach your MAX vertical jump velocity and strengthen those elastic fibers. You have so much room for improvement that just a few tweaks will see you gaining many inches very quickly. We trust them wholeheartedly and have never had any issues at all. Enter Vert Shock "Dunk in 8-weeks or your money back." A no BS, cut to the chase catchphrase. He teamed up with one of the world's best dunkers: Justin "Just Fly" Darlington. So actually, doing the exercises laid out over 2 months is more effective than spreading those exercises out over, say, 4 months. The challenge lies in making them contract faster to maximize the power produced as you take off. Although 8-weeks isn't long, finding time to fit in each workout can be a challenge in itself. Guys... Vert Shock is just another jump training program! I rate it better than other jump training program! I rate it better than other jump training programs but it doesn't do anything drastically different. The only way to find out was to try it out myself. I myself am definitely curious about giving them a go next time I want to immerse myself in another round of jump training. The Pre-Shock Phase Workout You might think the cramps you get will make you unable to train for 6 consecutive days. I can't even touch the rim. Things I Wish I Knew Before Starting Having completed the program in full from to start to finish, there were a few things that in hindsight I wish I was aware of before I started. In my first round of following the Vert Shock program, I gained 10 inches on my vertical. The Complex Training Routines were not around when I started and I have not personally used it. Dunking just wasn't something that would come naturally. Is it safe? HIIT is the fastest way to burn fat and improve cardiovascular health. End of. Without a doubt and here's why. Adam really stresses the importance of doing the exercises at max intensity in order to reap the benefits. Motivational Milestones An 8-week program of gruelling jump exercises doesn't exactly sound that fun, right? With a run up I can gain another 3 or 4 inches, so getting the height I need for a dunk isn't difficult. You'll still be able to add a few inches to your hops without much trouble though. If that is the case I would suggest a slower program like The Jump Manual (Read my review). My name is Max and I'm a 26 year old, avid 76ers fan. Light On Theory: This isn't necessarily a bad thing since it cuts down on reading time, but the program doesn't cover the fundamental theory behind why it works. And that's exactly what Vert Shock does - and it does it brilliantly. It provides you with more advanced exercises that require gym equipment. That was certainly how things were for me, anyway. Meet Adam Folker Now let's talk a little bit about the program's creator. In fact, because it made me realize how beneficial this kind of training is, I now do sprint interval training every week. Now I have a 34" vertical leap which is quite close to the NBA average of 36". You have nothing to fear whatsoever and if you're still nervous about it, feel free to pay with Paypal. The most important parts are the workout instruction videos and the printable program worksheets.

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