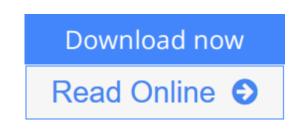


## Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping

By Joel P Smith



**Vertical Foundations: The Physiology, Biomechanics and Technique of Explosive Vertical Jumping** By Joel P Smith

Are you looking for a book that gives both the scientific basis for equipping athletes to jump higher, as well as the tools to get them to their highest potential?

Are you an athlete who is sick of jump programs with big claims, but don't deliver?

Vertical Foundations is the first vertical jump book that is written by a coach who has worked in track and field, strength and conditioning, and online training, as well as having published research on plyometrics. You won't find a book anywhere else from a coach with this unique experience.

With plenty of research, case studies, biomechanical models, and great training programs, this book is a must have for anyone interested in the vertical jump.

If you are serious about sport performance training, the vertical jump is a topic that inevitably comes up, and for good reason. It is the head-turning manifestation of explosive power that comes with fine-tuned athleticism.

It is time for a vertical jump book that encompasses science, biomechanics, proven programming, and the absolute wealth of knowledge that track and field has to offer. Vertical Foundations is the first book of its kind, integrating physiology, research, and observational analysis of hundreds of athletes into a work detailing the following:

The science of muscle action in vertical jumping

Which muscles influence different style of jumping

Technical points of standing and running jump Differences of force and speed dominant athletes Strength training and plyometric work

The influence of exercise on jump technique

Sample programming and training insights

If you want to refine your jumping form, learn how to train based on the demands of your unique jumping style, and reach new heights in training, Vertical Foundations will show you how!

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#### About the Author

Joel Smith, MS, CSCS is the owner of Just Fly Sports, a hub of training knowledge for coaches and serious athletes alike. He is currently serving as an NCAA division I strength coach, working with track and field, swimming and tennis. He also has 8 years of experience as a track and field coach, and carries a high jump personal best of 7'0.

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