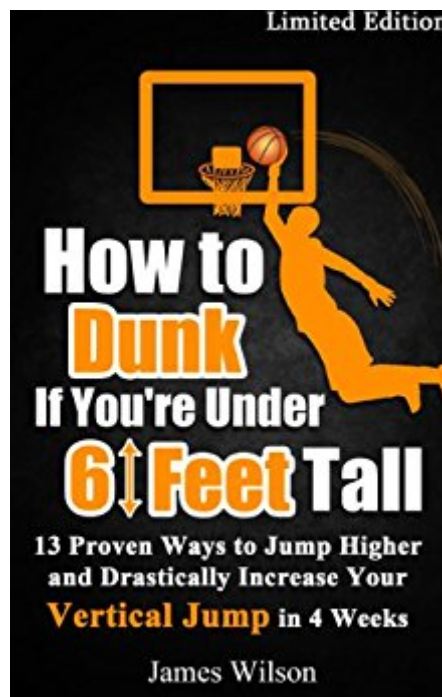


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# How To Dunk If You're Under 6 Feet Tall - 13 Proven Ways To Jump Higher And Drastically Increase Your Vertical Jump In 4 Weeks (Vertical Jump Training Program)



## Synopsis

Vertical jump is the measure of how high a person can jump straight up in the air, and is often a measure of how good of a basketball player someone is. Conventional wisdom states that dunking a basketball is reserved for players who are over six feet tall. Only players over six feet were tall enough and had enough vertical jump to actually reach the hoop. As we have progressed and learned more about the human body, however, we have discovered that this is not the case. Shorter basketball players have been limiting themselves for years, just because they did not have the tools to improve their vertical jump. If you want to learn how to dunk, jump higher, increase vertical jump, this is the definitive "how to dunk for shorter people" book. No longer is dunking just a feat achieved by the tallest members of the team. Now, all who want to learn how to jump high can, with *How to Dunk If You're Under 6 Feet Tall*. I, James Wilson, have coached basketball for more than thirty years. I know that not all players are the same, but I also know that every player who puts in the time and effort can learn to improve his vertical leap in as little as four weeks. This means that in four weeks, you can have the ability to dunk a basketball, even if you have never come close before. This vertical jump program includes what exercises you need to do to improve your strength and jumping power. You will learn not only how, but also why the program works so well and how to include it in your training. Unlike many other programs promising to teach you how to jump higher, this is not a weightlifting regimen. It does include the optimal workout for the highest jumping. You will learn what muscle groups to focus on, how to train, and even which shoes will make you jump higher. Even if you already know how to dunk with one hand, you can learn to dunk with two. You will also learn the finer points of dunking, including how to measure how much height you need to gain and also how to do it without scrapping your entire workout. It's not a gimmick, it's science. After reading this book, you will learn:

- The fastest way to jump higher.
- How to jump higher without lifting weights!
- How even shorter people can dunk?
- The best exercises for increasing your vertical jump.
- Which basketball shoes bring you down and which make you jump higher.
- The most effective vertical jump program.
- And so much more!

Grab your copy now and follow our unique Vertical Jump Program that will take your basketball skills to the next level. Check Out What Others Are Saying..."I stumbled across this book by James Wilson while searching for tools and techniques that could help me to be able to dunk. Being 5'10" I was always struggling on this goal of mine. Well what can I say; this book actually is right to the point. Although it is only 34 pages long I haven't seen any other source that had such an in-depth explanation of what vertical jump is and what are the core muscles involved. I could also find some interesting tips on which shoes can make me jump higher; not only that, a specific diet suggestions were provided

to be able to improve my form fast. Found some useful info on how to dunk too. Most importantly the workout program is presented in such a way that I know which exercises are the most important for my vertical leap. Very well illustrated and related videos added so much value. Thank you."- Dalibor (USA)"Let me start by saying James Wilson is clearly passionate about basketball, as this is a very well written book. I've been playing basketball for several years now, and it isn't easy being 5'9" when trying to learn how to dunk. After purchasing several other unhelpful books on vertical jump training I thought I would never make it, well I was wrong! Wilson outlines tips and techniques on how to basketball dunk regardless of your height! Want to jump higher? Read this book!"- S.J. (USA)

## **Book Information**

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## **Customer Reviews**

Here is the thing. Even if you think you do not need this book but you are playing basketball be sure - you need this one. Here is why. I really had no idea this will be met with such enthusiasm. We got the book for the friends son, 16 year old Barty. Next to snickers we gave him, he did not even see or react on this book. We knew he is devoted to this sport and he was much appreciated in his school team so I thought he would take interest. After good few weeks, I got the call from Barty's dad telling me I will receive the call from Barty very soon. Well, he was wrong - I received a call to a game!

After the game Barty and his team mates were explaining us how they got the 'missing link' in this work and how they improved jumping and springing power by the advices from this practical manual.

I came across this book while looking for something else for short people. I'm not tall and I've never been able to jump high. I'm not a basketball player, so it's never been important to me, but it's something I always wanted to do and couldn't. So I got the book on a whim to see if it would help me. Honestly, I don't think I'm going to be able to dunk, but I am already able to make a few changes and I can tell a difference. On top of that, this book is pretty interesting since it shares some scientific information so you understand how it all works. This is a good book for anyone who wants to be able to jump higher and dunk a basketball.

I purchased this book for my son after someone told me about the effective techniques that the books illustrates. I have coached a number of sports over the years and I'm always looking for ways to improve athletic performance. My son has begun to do the drills and master the techniques taught in the book. Much like the person who told me about the book, my son is already seeing the benefits of following the book's plan. I love the fact that the author not only gives excellent workouts to achieve the goal of dunking, but also explains the mechanics of dunking and the necessary tools to help you get there. If you are vertically challenged, like my son, and want to improve your ability to dunk, I would highly recommend this book.

I've always wanted to dunk a basketball, but never could really get it down. I like how this book gives me exercises to get higher and dunk. Even though I'm kind of tall, I would always have trouble jumping. This book teaches the right form in jumping which every player has got to know. Young players should definitely read this so they get the basics down just right!

I found this book while looking for something to improve the skills in basketball. My teenager cousin is very passionate about this game and I'm always trying to help him out with an advice and practical tricks to make him a better player. He is not the tallest bloke in the team and he always wanted to jump higher. Luckily he has a big potential because he is fast and good learner. So I got this book for him and we went through together and tried straight away in the court. I have to admit that many things written in the book were pretty new for us. I found there not only the general explanations how to dunk for short guys but also the workout program including video links with

simple and easy instructions • and •. Especially I found useful vertical jump workout chapter • detailed info why to do that way and not the other way, even in video tutorial you can find the comments of most common mistakes. My cousin now is more motivated to practice how to dunk like a boss. I haven't read similar articles about that specific subject before. This is a good book for a good price, no regrets. To be good in action you have to know the theory, young players should definitely read it!

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