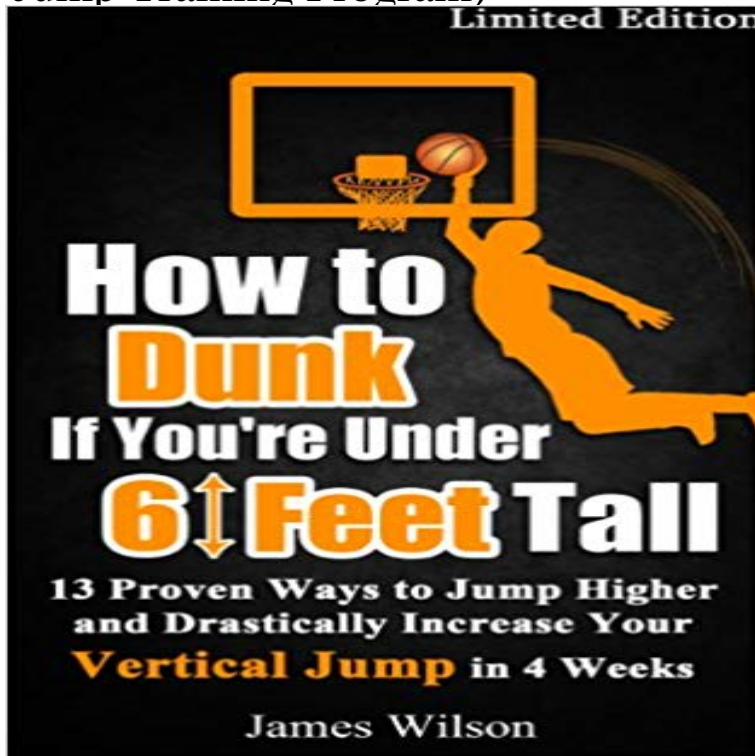


## How to Dunk if You're Under 6 Feet Tall - 13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks (Vertical Jump Training Program)



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. Its not a gimmick, its 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 havent 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. Ive been playing basketball for several years now, and it isnt 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)

