

# Ten Exercises to Help increase your vertical jump

<https://www.spoonerpt.com/spooner-blog/10-exercises-improve-vertical-jump/>

## **½ KNEEL TO SINGLE-LEG HOP**

Improves single leg balance and coordination while strengthening all the muscles required to extend the legs and jump. Begin with keeping your foot planted on the ground as you extend up, and then incorporate a jump once you're more comfortable with the movement.

## **DROP SQUATS WITH POSTERIOR ARM THROWS**

Works on reactive landing. Throwing the arms behind aids in driving your hips drop down, as well as prepares you to be able to propel your hands in the air as you jump.

## **BROAD JUMP TO HIGH JUMP**

This is less about the distance of your broad jump, and more about how well you can transition from jumping horizontally, planting the feet, and exploding upward.

As Brian highlights, "Very rarely are you going to be jumping straight up without having some sort of forward motion that precedes it."

## **LATERAL BOUND TO JUMP**

Being able to absorb and produce force whilst moving side-to-side is crucial for most athletes. This exercise has two variants:

1. Gathering with both feet and then jumping
2. Landing and jumping on a single leg

## **180° JUMPS**

Designed to improve jumping and landing coordination. Drive the arms effectively to aid in your rotation and overall height.



## **SINGLE-LEG LEG PRESS**

This exercise mainly targets and builds your quad muscles, which can help your explosive power. It also recruits your glutes and hamstrings for added support.

## **BACK LEG ELEVATED SINGLE-LEG JUMPS**

Challenges single-leg balance, coordination, and strength. Start with keeping your foot planted on the ground as you extend your leg, and then incorporate the jump once you're comfortable with the movement.

## **TUCK JUMPS**

Improves the explosive power of your quads and muscles that extend the hips. Tucking the knees up towards your chest provides the added bonus of engaging your hip flexors and strengthening your core.

## **MOUNTAIN CLIMBERS**

Trains the mobility, strength, and coordination of your hips and core. Also, provides a good challenge for your cardio!

A good mountain climber progression involves incorporating a jump (burpee) into the series.

## **JUMP ROPE**

Perform in 3 different directions, across all planes:

1. Forwards and backwards
2. Side to side
3. Rotating your hips

If you made it through, congratulations!! You're on your way to becoming a better, more powerful, and more explosive athlete. These exercises are designed to push your body and challenge you physically, so make sure you're taking care of yourself afterwards to allow for a full recovery. For more tips on that, [click here](#). Furthermore, if you or your athlete is experiencing any sort of pain or discomfort beyond the normal soreness felt after working out, please don't hesitate to schedule an appointment with a member of the Spooner team. Too often, athletes will try to push through pain or discomfort, when it could be an indication of a movement deficiency that can cause further problems if left untreated. So, don't risk it!