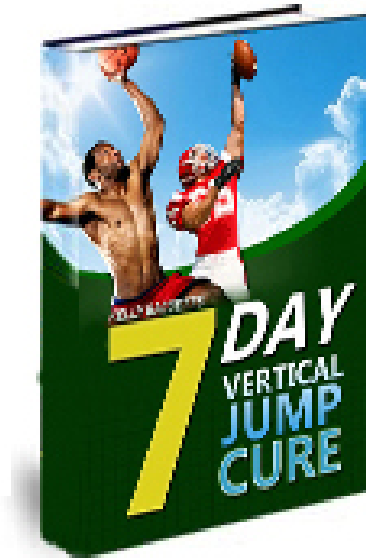


The 7-Day Vertical Jump Cure!



What You'll Discover Inside:

The Breakthrough 7-Day “Cure-All” Program From The Internet’s Top Vertical Jump Expert Kelly Baggett (And How You’re Going To Do It All In Just 17 Minutes A Day)

Comparing “The 7-Day Vertical Jump Cure” to *Flying in Four* (They’re Actually A Lot Different Than You Might Think...)

Does This Foolproof Program Cure More Than Just Your Vertical Jump? (Pseudo-Medical Researchers Are Currently Looking Into This As We Speak 😊)

Welcome to The 7-Day Vertical Jump Cure.

If all things go right, in just one week from now, your vertical jump will have increased, *all from following this program* (gosh, I sure hope this works!).

So how can someone, even the top VJ expert around in Kelly Baggett make such a claim as to create a program that'll increase your vertical in 7 days?

It's Based On A Few Recent Revelations Kelly's Had...

It was now a full 6 YEARS ago that the great Kelly Baggett released *The Vertical Jump Bible*.

The first of its kind, never had so much information been compiled on the vertical jump, not to mention the potency and effectiveness of the cutting-edge workouts inside the *VJB*.

And still today, thousands of athletes and coaches from around the world use the *Vertical Jump Bible* to jump higher, get more explosive and even run faster...the workouts, teachings and trainings inside are proven, effective and WORK.

Now, the question still remains:

What has Kelly been doing the last 6 years?

Besides researching and writing books on speed training, quickness and muscle building and continuing to train some of the top athletes around the world, Kelly's still been in the "lab", never satisfied and never complacent...he is ALWAYS searching for ways to make athletes jump even higher or run even faster.

And in those 6 years since *The Vertical Jump Bible* first came out, **Kelly has made a good deal of new discoveries. Some of them he's talked about publicly; others he hasn't said a word....to anyone** (me included...I thought we were good friends Kelly?!? ☺).

So not too long ago, I was on the phone with the talented Mr. Baggett, and he started revealing to me about a few of these different discoveries.

Needless to say, I was FLOORED!

It was really, truly remarkable info that he said had even changed the approach he took to massively and rapidly increasing the vertical jump of athletes in all sports.

Naturally, I immediately said, "Dude, we need to get this information out to the world.

Do you realize how much they could benefit from it?"

And after a good amount of persuading and reasoning, I got Kelly to do something he clearly wasn't planning on doing...releasing this information to you, in the form of a 28-Day, no-holds barred battle with gravity.

It's called *Flying in Four* and it contains a 28-Day vertical jump program that not only **utilizes these recent discoveries Kelly's made, but he's manipulated the program in a way that we can confidently say will increase your vertical up to 4 inches in just 4 weeks.**

So, STOP what you are doing right now and write down the date and your current vertical jump below.

Date _____

Current Vertical _____

Now, write down the date 28 days from today AND add 4 inches to your current vertical and write that below.

Date _____

Vertical AFTER *Flying in Four* _____

That's what *Flying in Four* has been specifically designed to do. Pretty cool, right?

Flying in Four will finally be made available to you exclusively on Tuesday, January 19.

What's even cooler is due to the insane potency of this vertical jump program, Kelly's decided to release just 200 copies of the program now for this big "test" launch (the official launch is going to be about a month or so later....more copies WILL be available then in case you miss out this time).

This is exciting stuff...

Now, on to the 7-Day Vertical Jump Cure.

Your Questions Answered

Q: Is the 7-Day Vertical Jump Cure just the first 7 days of *Flying in Four*?

A: Nope, although that would be pretty wild, right?

The 7-Day Vertical Jump cure utilizes a **couple** of the recent training breakthroughs

Kelly's had in regards to rapidly boosting your vertical jump, while *Flying in Four* contains ALL of them.

The things you see here in the 7-Day VJ cure are based on fixing your body, muscles and movement patterns...

...think of it like this: you need to fix YOU and your body first, before any program or workout can really help you...if your body is fixed up and grooved just right, then the workouts and training you do after are going to be a heck of a lot more effective (this might be why past workouts and programs didn't work as well as you thought they should have).

And *Flying in Four* has been designed in a way so that it *simultaneously* makes all these alterations and fixes you up, WHILE immediately advantage of all these new changes with the specifically-designed Kelly Baggett workouts to rapidly SKY-ROCKET your vertical...cool stuff.

Even cooler is this...Kelly's designed The 7-Day Vertical Jump Cure in a way so that it leads you and your vertical jump *perfectly* into *Flying in Four*. Yes, you can still get great results just by using *Flying in Four*, but if you run through The 7-Day Vertical Jump Cure that week before beginning *Flying in Four*, your results might just be potentially *insane* :-)

Q: Can you tell me more details about *Flying in Four*?

A: First, let me tell you what it's not. It's not:

*an encyclopedia on the vertical jump.

There aren't chapters and chapters dedicated to explaining and discussing the theory and science behind the recent modern era training advancements Kelly's made...they've just been adapted and applied in the workouts and vertical jump programs so you can *benefit* from them, without any wasted time or hassle.

Now, let's quickly chat about what it is. It is

*Three, 28-Day Vertical Jump Programs that have been specifically designed to *add up to 4 inches on your vertical jump in the next 4 weeks* (using each and every one of the training breakthrough's Kelly's closely held onto the last 5 and a half years)

One of the programs is for the more "beginner" athlete, another for the "intermediate" athlete and the last one is for the "advanced" athlete...it doesn't matter how long you've been training or how young and inexperienced you might be, Kelly's made it so 4 inches in 4 weeks is a real possibility for anyone.

*The day-by-day programming and workouts will make it damn near impossible for you

to “fall off the wagon” or give up early...you’re going to finish this 28-Day battle with gravity and gain serious inches on your vertical whether you like it or not! (We WANT to see you finish and do well more than anything else, ‘cause if you do well, it ends up looking *really* good for us)

*Several brand-new, “never before seen” exercises that will have you feeling great and your muscles overflowing with supreme power and explosiveness

*Also, have you ever wondered what to do on your days “off” from training?

Kelly’s programmed each and every one of your off-days in *Flying in Four* so instead of sitting around, doing “nothing” and NOT getting better on your off-days, you’ll take full advantage of those days, allowing your body to recover faster, move more fluidly and of course, jump significantly *higher*.

And, of course, all that is just the tip of the iceberg in trying to describe something as cutting-edge as *Flying in Four*...it just seems to have that magic formula that makes it work for everyone and every athlete. Stay tuned...

Q: How quickly will I see results from The 7-Day Vertical Jump Cure?

A: Most people see results within just a few days. But even more importantly, this will serve as an incredible way to prepare you for *Flying in Four*.

I’m not making any guarantees, but I wouldn’t be surprised if a lucky few out there use the 7-Day VJ Cure, start right into *Flying in Four* when it comes out, follow it exactly for 28-Days, then add MORE than 4 inches to their vertical jump (5, 6...maybe even 7... gosh, that would be insane).

That won’t happen for everyone, but the 7-Day VJ Cure is certainly that powerful in its own right...let’s get into that now.

The 7-Day Vertical Jump Cure

By: Kelly Baggett

Warning: There is always risk of injury with exercise. Before beginning any exercise program, consult with your physician to ensure that you are in proper health. This program is not meant to provide medical advice; you should obtain medical advice from your private healthcare practitioner. The information herein is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. With that in mind, those participating in strength and conditioning programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly. The authors assume no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

Most vertical jump programs don't work as effectively as they could because people's bodies don't work optimally. They don't recruit the right muscles in the right order at the right time. In short, their bodies need a tune-up.

All VJ programs are designed either to boost your strength or your plyometric power. This is well and good, however, neither of these work effectively if you can't get power into the ground efficiently. A rather large percentage of trainees train hard but end up with knee pain, sore backs, sore ankles, and little gains to show for their efforts. These are surefire signs of the body not being in balance.

Watch a good jumper jump. Most of the time it appears easy, effortless, and quiet. Watch a bad jumper jump. Most of the time it's loud, rough, and not something that conveys the illusion of artistry. Do you move more like a cheetah or like a lumbering bear?

Most people are capable of transmitting a lot more force into the ground than they do, even without gaining additional strength and speed, but they leak excessive energy throughout their body. A big reason why some individuals can jump well with no or little training is because they're naturally put together well and inherently transfer more energy into the ground while activating the right muscles at the right time.

This 17 minute tune-up is designed to help transform you into an efficient power generating machine. You will learn to activate and strengthen little used muscles and optimally help program more optimal movement patterns.

Do these exercises consistently and any training you do will work MUCH better because your body will be operating more efficiently. The best part is no equipment is required. You can work with your own bodyweight, AND you can even add it onto an existing program.

The exercises and stretches are primarily designed to do 3 things:

1. Boost the strength and functionality of the muscles that optimally control your legs:

You want the muscles that sit up higher on your body, the hip flexors and glutes, to control your thigh bone and lower body muscles rather than the muscles residing lower on your legs. Not only does this help you perform better, but many cases of knee pain, IT band pain, plantar fasciitis, and other common issues are a direct result of this imbalance. Strengthening the abs, hip flexors, and glutes, while increasing mobility in the quads, rectus femoris, and hamstrings, is key here.

2. Change the way you drive off your feet:

Many athletes move in what is called a rearfoot dominant posture. They sit back on their heels and don't naturally drive off the balls of their feet with smoothness and power, or what's called forefoot dominance. In the world of professional scouting one of the first thing scouts look at is an athlete's feet. Regardless of what sport the athlete plays, or whether he weighs 100 or 350 pounds, the phrase, "He moves like a ballerina", is generally a positive thing. On the other hand, "His feet appear stuck in cement", is negative. Although the logical thing to do to boost this function would seemingly involve lots of footwork drills, in reality this trait is mainly controlled by the muscles higher up, your hip flexors and glutes. One thing you should notice after a week or so performing these exercises and stretches is more lightness on your feet.

3. Boost mobility of key muscle groups:

Training for sports is about having the mobility to get into the proper positions needed in your sport and having the strength to maintain or move from the position. Before you can have the strength you have to have the mobility, so flexibility work is important.

The Cure...

Here is the 7-Day VJ Cure. You will still manage to get some results performing it as infrequently as 2 times per week, but I recommend you perform it on a daily basis for the 7 days. If you're able to do so, you might notice some pretty awesome changes in the way you move, feel and jump.

Perform these exercises in the order below...remember, some will be easy, some will be hard (like, *really* hard), but *each and every one is serving a distinct purpose in perfecting and optimizing the function of your body as a vertical-jump seeking athlete...this is something that's been held back from almost all athletes for far too long...it's time.*

The 7-Day Vertical Jump Routine

*This workout contains principles similar to the “optimizing function” principles seen in *Flying in Four* (*Flying in Four* is based on 7 different training principles, this being one of those 7).

**Kelly took the time to record himself performing each and every one of these exercises from the comfort of his own living room! What a good dude, that Kelly Baggett...

Exercise 1: Leg Raise Progression: Perform 3 sets of 15-20 reps

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 2: Ab Bridge: Do 2 sets of 30 second hold

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 3: Side Bridge Progression: Do 1 set of 30 seconds/side

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 4: Alternating Glute March: Do 2 sets of 20 reps (10/side)

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 5: Seated Hip Flexor: Do 2 sets of 5-10 reps/side with a 3 second hold at top

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 6: Standing Hip Flexor/Glute: Do 2 sets of 5-10 reps/side with a 3 second hold at top.

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 7: Advanced Bilateral Glute Bridge: Do 2 sets of 10-15 reps with a 3 second hold at top.

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

(or if you're not strong enough to do the bilateral glute bridge or if it bothers your shoulders, do this below)

Exercise 7 (option 2): Prone Leg Lift: Do 50 reps/side

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Exercise 8: Bulgarian Split-Squat Hold: Hold for a total of 1 minute per side.

Video Demonstration: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Stretching:

Perform the following stretches for at least 1 set of 30 seconds, twice per day:

Kneeling Rectus Femoris/Quad Stretch



Or: <http://www.jumphigherin4weeks.com/7dayjumpcurevideos.html>

Calf Stretch



Hamstring Stretch



Groin Stretch



Hip Flexor Stretch



What others say about *Flying in Four* author Kelly Baggett...

“I can dunk now...”

“I'm finishing up the first week of the workout and nutrition plan workout and my hops have gone up very quickly. I can dunk now sometimes and I'm currently 5'9 with a 7'7 reach. Thanks for the programs I will keep you updated with gains.”

-Kevin Kirby

“..the best information on sports training..”

“Not only is this the best vertical jump information out there but it's the best information on sports training that I've ever seen as well.”

-Coach Bob Tomlinson

“Vertical Jump: 24 or 25 inches to 32.5 inches”

“Here are my 2 month results:

Bench press: 265lbs to 285lbs

Squat: 490lbs to 505lbs.

40 yard dash: 4.53 seconds (with some wind at my back) to 4.49 sec. (a little wind to my side)

Vertical jump: 24 or 25 inches to 32.5 inches.

agility: 4.5 seconds to 4.16 seconds.”

-David Pratt

