



Presents...

## The Vertical Blast Off Report



# **Here Is What You Will Discover Inside...**

## **Section 1:**

**The Top 7 Dunkers From NBA to Streetball of all time (The List May Shock You... Or Maybe Not ☺ )**

## **Section 2:**

**The Top 7 Bodyweight Exercises To Blast Your Vertical Jump Today (Simply adding 2-4 of these exercises 2x a week will give you some major bounce)**

Hello and welcome to JumpUSA.com's Vertical Blast Off Report:

With this years basketball season jumping off all across the world players everywhere are lacing up their sneakers, putting on their game face and heading straight to the courts to show the basketball world what they are made of!

Once these players actually step foot on the courts, they are looking to make that big highlight play that makes a name for themselves and gives them the power and respect they are looking for. To be a human highlight film, and get this brand of respect on the court, players all over the globe are looking for the competitive advantage that will make them an all-star baller. Some players want the secrets to dribble better, other player's want a fool-proof plan to develop a long range jump shot but the most popular skill that every player in the world would like to perform in the entire game of basketball is to

throw down a “MONSTER DUNK”!!!!



To put it plain and simple for you...

“IF YOU CAN DUNK, YOU CAN GIVE YOUR TEAM MOMENTUM TO WIN, CAPTIVATE FANS, AND PUT FEAR INTO THE HEARTS OF ALL YOUR OPPONENTS EVERY TIME YOU STEP ON THE COURT.”

With that being said we have compiled a list of what we feel are some of the best dunkers from the past and present who have helped to pave the way for the aerial assault that basketball fans and players dream of every time they step on the court.

Lets not waste anymore time, and get right down to business and launch our:  
“**Top 7 Dunkers Of All-Time**”

## Section 1:

## The Top 7 Dunkers Of All-Time

The Top 7 Dunkers of All-Time are listed in no particular order and are a brief history of what paved the way for the likes of modern high flyers with the names of LeBron James, Nate Robinson, and Carmello Anthony Today. Study the past so that you can high fly in the present and future 😊

### 1. David Thompson “sky walker”

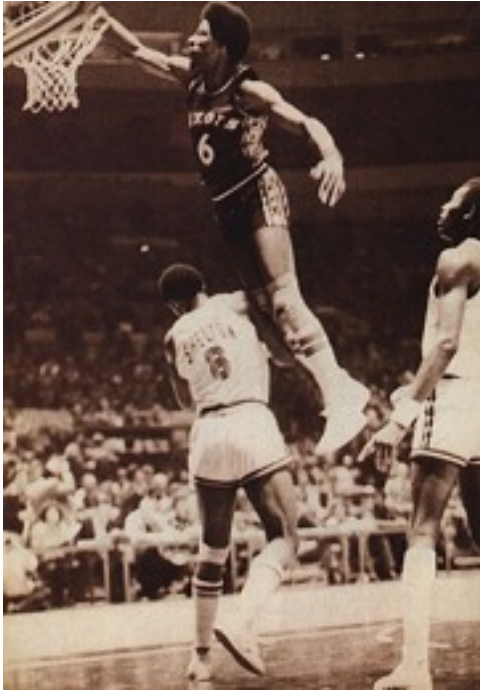


David Thompson aka the “sky walker” was the one that started it all. He was such a dominant dunker, that some people say that the day when David Thompson stepped on the court was the same day that coaches and scouts started measuring vertical leaps. Without David’s highflying acrobatics we wouldn’t have most of the highflying jammers we have today.

Check out this clip so you can learn to fly just like the “sky walker”:

<http://tinyurl.com/ykvbn95> <--- Watch David Jam Here

## 2. “Dr. J” Julius Erving



Dr. J, the slam dunking sensation was so dominant in his day that before he played in the NBA, he was nicknamed “the league” in the ABA. Many consider him one of the best dunkers of all time including the staff at Jump USA. One of the doctor’s most well known slam-dunking feats was when he dunked from the free throw line in the NBA slam-dunk contest. Can you imagine how exciting it would have been to see him live?

Take a look at some of his Dr. J’s jaw dropping footage here:

**<http://tinyurl.com/dkuufp> < ----- Watch The Dr. Go To Work Here**

### 3. Dominique “The Human Highlight Film” Wilkens

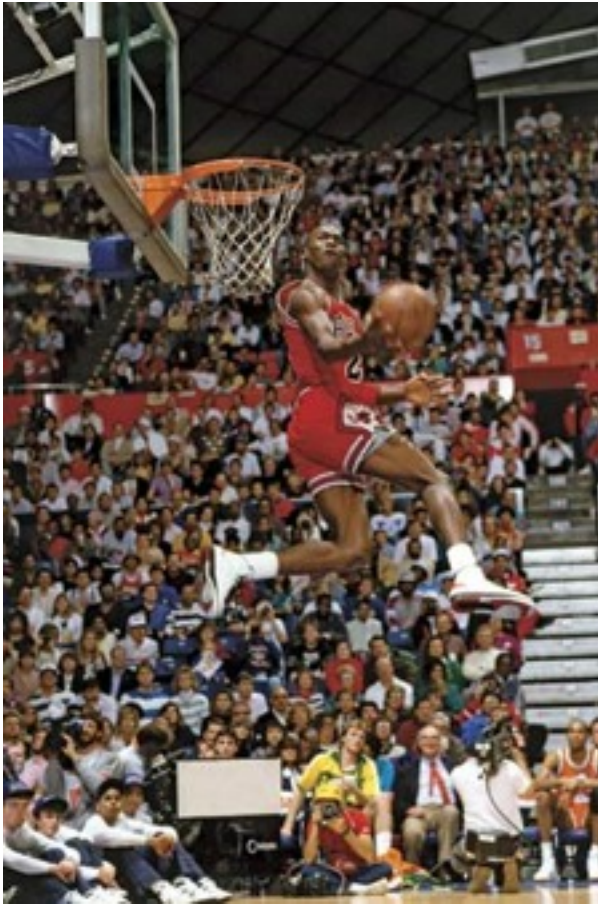


One of the most electrifying dunkers on the planet even at almost 50 years old his dunks transcend the hands of time. From slam dunk contest battles against Michael Jordan , and Spudd Web, to playing on the current NBA legends team with greats like Vlade Divac, and Tim Hardaway the human highlight film is a freak of nature even today! If you haven't seen Nique the Freak high rise and throw it down with authority, you have never ever seen real dunking in your life.

Take a look at some of Niques Dunking Dynasty:

<http://tinyurl.com/yhub7cm> < ----- Watch Vince Here

## 4. Michael Jordan “His Airness”



Michael Jordan, one of the most exciting dunkers of all time brought the dunk to a level so high, that people today still dream of being like Mike. Michael “Air Jordan” is a Slam Dunk Legend and its hard to explain in words just how amazing he is. Watch for Air Jordan highlights, you will see how Michael Jordan reinvented what we know as dunking today that you will still strive to be like MIKE.

Take a second to see Air Jordan take flight here:

<http://tinyurl.com/6obxwz> < ----- Watch MJ Here



## 5.Vince Carter “Vinsanity”



Vince Carter really changed the dunking game when he entered the slam-dunk contest and literally tore the roof off the building almost a decade ago. Before Vince Carter became an NBA phenom, no one had ever heard of an elbow in the rim dunk, or a windmill 360 dunk, and ever since players all over the world have strived to emulate VC.

Take a look at some of his highflying antics here:

<http://tinyurl.com/ylrzq8v> < ----- Watch Vince Here



## 6.Dwight Howard “Superman”



Dwight Howard is on our list because he dramatically elevated the dunking game one more time. He brought showmanship, and athleticism that hasn't been seen on a big man since the likes of Shawn Kemp in the 90's. Today players all over the world want to transform into basketball superman and fly through the sky just like Dwight.

Take a look at how superman flies through the basketball sky here:

<http://TinyURL.com/aaxhlz> < ---- Watch Dwight Here

## 7.Kadour Ziani “ The Greatest Dunker Not In The NBA”



Haven't heard of Kadour Ziani? If you haven't, now is the time because Kadour is the real deal when it comes to jumping. He is reported to have the highest running vertical leap in the world today and dunks so nasty that even Vince Carter and Tony Parker cringe when he abuses the rim. Kadour is proof that you don't have to be in the NBA, don't have to have the most killer genetics, but if you have the right training, the right level of focus and discipline you can own the airways.

Watch Kadour fly here: <http://tinyurl.com/ygxx2y> < ===== Major Hops From Kadour

## Section 2:

# **The Top 7 Bodyweight Exercises To Blast Your Vertical Jump Today**

Now that you have seen some of the greatest dunkers of all time, it's time for you to learn some of the tricks of the trade that will get you jumping out of the gym higher than you have ever thought possible today.

The best part of performing these drills is the fact that you don't need anything special except for your natural bodyweight.

Check out all seven of the exercises out and give them a shot twice a week on a Monday Thursday Split, or Tuesday Friday split after a short warm up and I guarantee you will begin to watch yourself jump higher than you ever thought possible.

### 1. **Primetime Prisoner Squats:**



To execute a primetime prisoner squat and build the foundation for an explosive vertical jump simply put the hands on the side of your head, keep your core tight, and descend into a squat and explode back in to your starting position. Primetime Prisoner Squats are one of my all time favorite bodyweight strength exercises ever.

## 2. Primetime Prisoner Squat Jumps:



To execute the Primetime Prisoner Squat Jumps, simply descend down like a regular prisoner squat, but this time reverse the motion explosively and propel yourself up in the air as high as you can. Remember to land softly and absorb the shock quietly by staying balanced and light on your feet and reverse the motion for desired repetitions.

### 3. Split Squats:



Split Squats are very similar in nature to both squats and lunges however they are stationary in nature unlike a lunge. To effectively execute this movement, keep your core tight, and your legs spread apart at a distance that keeps your body in balance that allows you to descend down into a full split squat. Once you have reached a range of motion that you can comfortably control explode up into the starting position of the exercise and repeat for the desired amount of repetitions. Make sure to perform equal amounts on both legs and do not favor one side of your body over the other.

### 4. Split Squat Jumps:



Split Squat Jumps are an advanced progression to Split Squats. To properly execute the movement descend just as you would in a normal split squat but instead of simply standing up, explode high up into the air and off the ground! As you descend back to

the ground be sure to balance yourself and land under control in a quiet and soft manner. Please be sure to repeat these exercises for your desired amount of repetitions for best results. Make sure to perform equal amounts on both legs and do not favor one side of your body over the other.

#### 5. **Step Ups:**



Step Ups are one of the best exercises in the world if you are looking to improve your vertical jump. To effectively perform the step ups exercise find an appropriate step, or box near your house and place your foot up on top of it and drive your heel in to the step to propel the rest of your body up on the box. Make sure to keep your chest up and core tight throughout all repetitions. Make sure to perform equal amounts of step-ups on both legs and do not favor one side of your body over the other.



## 6. **Blast Off Step Ups:**



Blast Off Step Ups are a great way to transfer the strength you have gained into upward vertical force. To perform a blast off step up, simply step up onto a normal step, or box that is the right size for your current limb length and conditioning level and along with your arms drive your body high up in the air. Unlike normal step-ups, you will land with the same foot on the box that you stepped up on and immediately send your body back up in the air for the desired number of repetitions that you choose. Make sure to perform equal amounts of step-ups on both legs and do not favor one side of your body over the other.

## 7. **The Subject of a Whole ‘Nother Report....**



The Seventh Bodyweight Exercise is so effective that it merits an entirely separate report on this one exercise alone. REPORT TITLE: This Magic Exercise Adds 3-5 inches to Your Hops Instantly. Keep your eyes on your email inbox!

## **Conclusion:**

Thank you so much for taking time out of your day to read JumpUSA's vertical blast off report. It is our hope that it inspired you to be the best athlete and dunker that you can be. Remember with focus, persistence, and passion anything in this entire world can be achieved. I wish you great success and if you need any help myself and the rest of the great people at JumpUSA.com will be glad to assist you in any way that we can.

Sincerely,



Mike Mahon , CSCS, World-Renowned Vertical Jump Expert

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