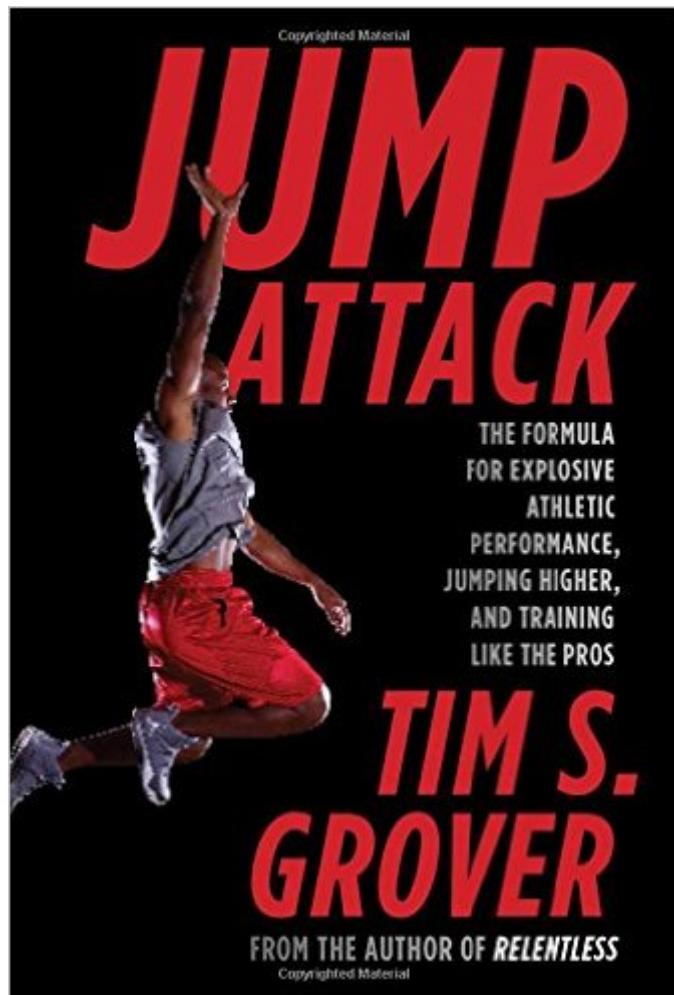


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# Jump Attack: The Formula For Explosive Athletic Performance, Jumping Higher, And Training Like The Pros



## Synopsis

Legendary trainer Tim Groverâ™s internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryantâ"now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Groverâ™s revolutionary methods have made the best even better, year after year. In *Jump Attack*, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns âœel canâ™tâ" into âœJust try and stop me.â" You donâ™t have to be an elite athlete to benefit from Groverâ™s programâ"but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: âœThis is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight.â"

## Book Information

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## Customer Reviews

An intensive, 12 week program based on a series of stretches and exercises (some plyometric,

some with weights) intended to replace standard weight training and address athletic performance. While the author rejects the concept of "vertical jump" per se, it's clear from the title what one of the goals is. Grover stresses the importance of improvement in explosiveness in all planes of movements related to a sport, not just vertical jump. He also covers the importance of rest periods between periods of intense training (the 12 weeks are actually 3 separate 3 week training periods followed by a week of rest), and the need for good diet and sleep habits in order to get maximum results from his program. The exercises in the book are clear, and it's nicely illustrated with photos and good descriptions of each exercise. Some are easy, some are difficult, and a few, like the held lunges, are impossible at first. The author mercifully includes workarounds in order to give the trainee the full benefit of each exercise regardless. Yes, you can replace ability with determination. I'm a middle aged man interested in becoming a stronger snowboarder, and I had pretty much plateaued on weight training, cycling and running. This book looked appealing (hell, the exercises look perfect for snowboarding!) and I bought it. I started the program and made it through the first 3 week training period (three times!) before responsibilities and injuries interrupted the cycle. Even so, I have to admit that it really helped with my general athleticism and actually did improve my riding. I also saw improvement in my vertical jump. It's not hard to imagine that if I had been able to complete all 12 weeks consecutively there would have been much better results.

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