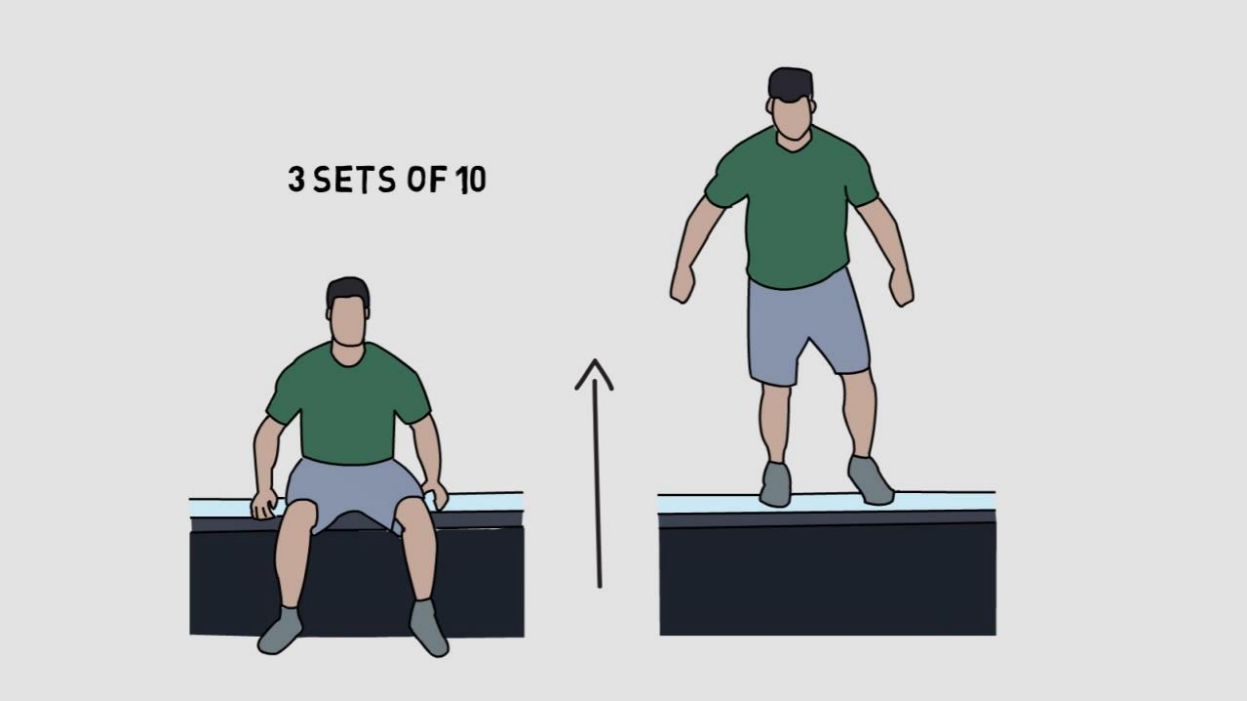
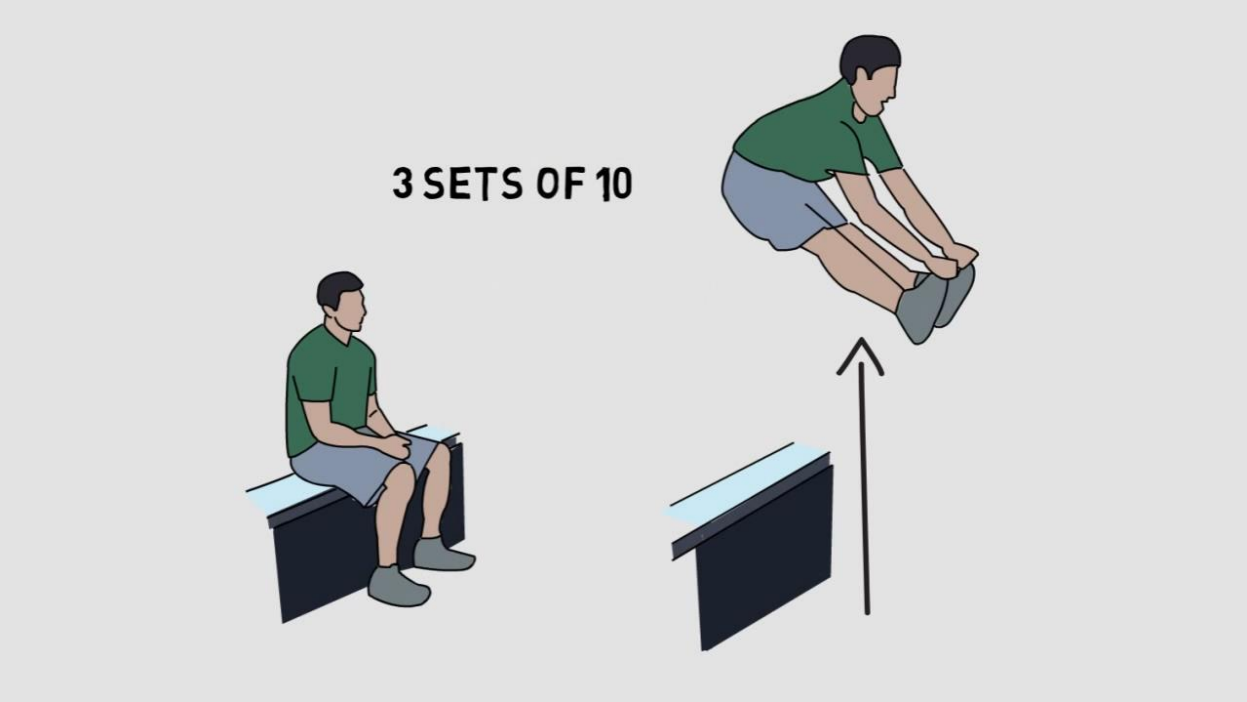
Hard Work Sports

INSTANTLY Increase Your Vertical: 5+ Inches in less than a month!

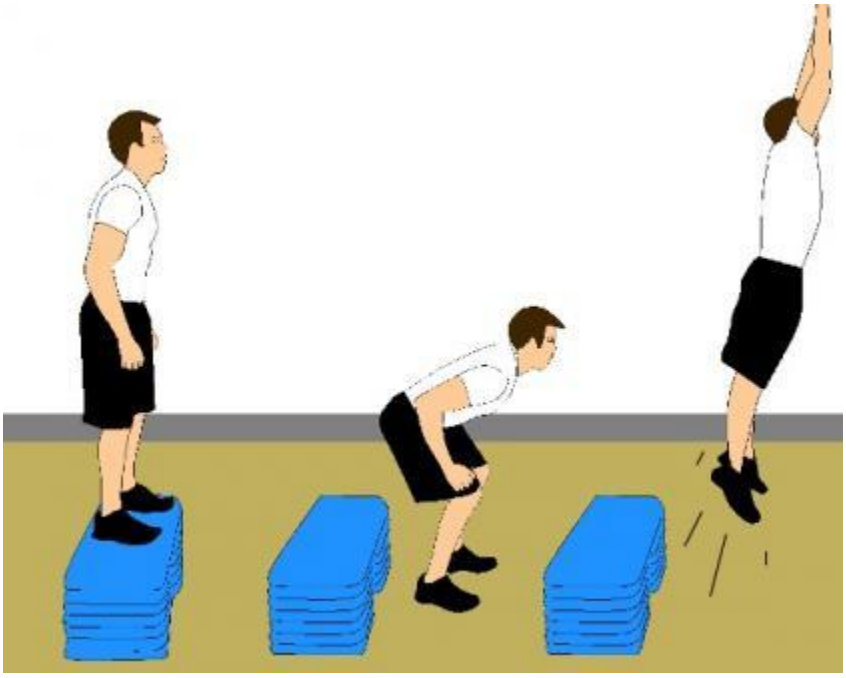
Seated Box Jumps 3 Sets of 10



Seated Toe Jumps 3 Sets of 10



Depth Jumps 3 Sets of 10



Workout info:

These are highly effective and science-proven workouts on improving your Fast Twitch muscles which are very important to increasing your vertical.

Each workout are to be done with 3 sets of 10 reps – Do these workouts 3x a week.

*Seated Box jumps & Seated Toe jumps must be done in fluid motion

*All workouts must be done explosively