

The Single Most Effective Exercise Ever Devised For Increasing Single-Leg Athletic Power Output

Luke Lowrey

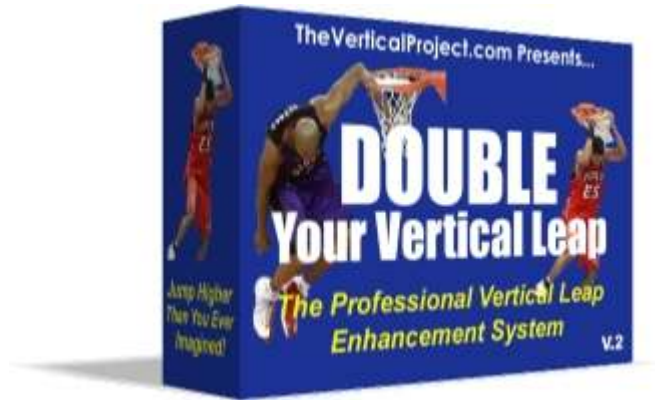
(1)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

This report is written by Luke Lowrey:
“The World’s Undisputed #1 Vertical Leap Expert”

Luke is the founder of TheVerticalProject.com
and creator of [Double Your Vertical Leap](#)



IMPORTANT – Disclaimer, Copyright And Notice Of Free Distribution:

No responsibility for injurious damage, in a physical, health or career capacity to any person who reads and then applies the topics discussed herein is accepted, either by the author, Mr. Luke Lowrey, or by the provider of this information, The Vertical Project. Part-taking in any form of physical training, dietary and/or supplementation regime discussed in the written materials herein, without being specifically and personally advised to do so, is entirely at the individual's risk. Furthermore, before part-taking in any physical activity and/or dietary and/or supplementation regime, both The Vertical Project and Mr. Luke Lowrey strongly advise that individuals seek personal medical advice and medical clearance to do so.

The material provided within the report is owned solely by The Vertical Project. Any unauthorized selling of this report is strictly prohibited by laws relating to The Digital Millennium Copyright Act (DMCA), 17 U.S.C., section 512, and any other related international copyright laws and will be aggressively pursued to the fullest extent of the law.

You may freely share and distribute this report,
so long as you do so **unedited and in its 25-page entirety.**

Affiliate branding inquiries contact: affiliates@theverticalproject.com

(2)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

The Single Most Effective Exercise Ever Devised For Increasing Single-Leg Athletic Power Output

-- Contents --

<i>What you are about to read is potent...</i>	5
<i>Misconceptions of Generating Maximal Athletic Power</i>	6
<i>Explosive Athleticism: Single-Leg vs Double-Leg</i>	7
<i>The Superiority of Power Output Training for <u>All</u> Sports</i>	8
<i>Uncompromised Performance is Perfect Performance</i>	9
<i>The Exercise: Single-Leg Hyperextensions</i>	11
<i>Importance of Correct Form and Performance</i>	13
<i>Tweaking the Movement For Further Gains</i>	15
<i>Neurological Comparisons to Other Popular Exercises</i>	18
<i>Glute-Ham Raises</i>	18
<i>Reverse Hyperextensions</i>	18
<i>Regular Hyperextensions</i>	19
<i>Implementing a Complete System</i>	20
<i>About the Author</i>	25

(3)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

(4)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

What you are about to read is potent...

It will change you. It will transform you. It will lift you to higher levels of performance, almost instantly.

Are you ready?

I hope you are... simply because I fear you are not.

You see, this information can only transform you if you meet it half-way. It will only change you if you do just one thing.

And that one thing is something that I am desperately fearful of for you... because, that one thing is so simple, yet it keeps thousands in their mediocre place, drowning in their life – trying to avoid the fatal inhaling of their own vomit.

I am here *inviting you* to take ruthless and cunning advantage of the single greatest secret exercise for increasing single-leg athletic power – whether that be single-leg jumping power, running stride, sprint speed or virtually any other athletic endeavor that requires explosive movements. You name it, you'll improve it.

Are you ready?

I hope you are.

And I pray you understand the riddle of that *one thing* that will decide whether you are able to recklessly abuse this exercise for your own incredible athletic benefit... or you will end up on the scrap heap of the many whining wannabe's. Read it from the start to the end – don't skip different sections. It's been written in a certain order to maximize your learning.

Finally, this is a gift to you – but don't look at me, keep reading.

You have every right to be excited...



Luke Lowrey
Creator, TheVerticalProject.com

=====

Misconceptions of Generating Maximal Athletic Power

Raw, abrupt and truly dominating athletic power is not developed by arduous hours of work in the gym, on the court, in the arena or on the field. And, thankfully, long-gone is the time when an athlete would have to place their entire training and progressive improvement on totally baseless, unscientific, down-right damaging and *completely arbitrary* set and repetition regimes (... has that super “coach” or “trainer” ever even come close to explaining why “5 sets of 5 reps” is so super for *you specifically?*).

If you’re a serious athlete, or you want to be one, you need a serious wake-up call.

You are playing “pin-the-tail-on-the-donkey” with the career you so desperately desire. You’re basing your improvements – getting from your current position, to your goal; the one aspect of your body by which everyone is judging you – on a road map that *isn’t even going to your destination!*

Let me usher you in on a little secret that’s starting to spread like wild-fire:

Athletic power is developed by doing *less*.

It is improved by doing *even less*.

And it is honed and increased over time, by *doing less again*.

It’s fine to be “driven” – so long as you don’t drive yourself into the ground. It’s fine to be “open-minded” – so long as your brain doesn’t fall out. And, heck, I’m even going to tell you it’s OK to go and do your standard, conventional training regime – so long as you don’t expect outstanding and ongoing performance enhancing results from it.

Predominantly, the exercise I’m going to introduce to you is a reflection of this “new” philosophy – centered on the nervous/neurological system, the electrical powerhouse of the body.

It has nothing to do with conventional weight-lifting; 3 sets of 12 reps for failure in the squat rack. It shows little regard for the old-school power and Olympic lifting movements, which tend to restrict athletes more than anything, and even fails to resemble much of the “Eastern Block” plyometric-training principles that have become popular during the past 30 years.

Because – *in just the past three years alone* – this foolish wisdom has turned performance-enhancement, as the world once knew it, upside down.

(6)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

Explosive Athleticism: Single-Leg vs Double-Leg

Common sense might dictate that it is sensible to train an athlete for improved single-leg performance and increased power output, and also for the equivalent double-leg ability. Examples of single-leg movements in sports have already been given, but the equivalent double-leg movements – like the instantaneous explosion from the sprinting or swimming blocks, the spike in volleyball, many important power-moves in basketball, and various leaps in martial arts – often get weighted with more training emphasis.

Consider this example: more often an athlete will perform regular squats than they will one-legged squats to enhance leg strength and integrity – *right?*

Therefore, from all athletic movements and sports, it can be clearly determined that nearly all combine elements that tend towards single-leg operation, whereas other actions tend towards exploding off both legs at the same time. Often, though, athletes will rely more on single-leg movements than the equivalent double-leg movements because sports require one thing that the power and Olympic lifters don't take into consideration – and that's movement *versatility*.

From a neurological perspective – *which is most important* – single-leg and double-leg movements differ greatly and don't necessarily correlate, either. Let's keep comparing apples with apples here:

When it comes to two equivalent movements (think, the double-leg squat and the one-legged squat) so many things – like the way that the weight is bared, the varying center of gravity, the tilt of the body, the fast-points, the electrical current and countless other things that can be saved for a more fitting time – mean that the training stimulation is vastly different. You must also remember that all-too-often these types of lifts do not mimic the actual natural movements in the sport, either.

Furthermore, there is a distinct lack of neurological and performance correlation between single-leg and double-leg movements.

This occurs not only with the lower body, but with the upper body, as well.

For example, the gains made in lat pull-downs do not translate to gains in chin-ups – but gains made in chin-ups remain consistent when you go and perform lat pull-downs. *The same occurs between single-leg and double-leg movements.* Gains made in the standard squat (double-leg squat) do not translate so much to gains in the single-leg variation. But, gains made in the single-leg squat will always translate and remain consistent when applied back to the regular squat. This poses a big issue – *because most athletes train double-leg movements to improve their performance, which requires predominantly single-leg explosiveness!*

(7)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

The Superiority of Power Output Training for All Sports

Simply put, being more powerful means either one of two things, which are exceptionally important in *any type* of physical endeavor:

1) You **do less** (expend less energy) to get to the same spot

... and/or

2) You get to the same spot **quicker/faster** than your competition

When you do number 1, you have the opportunity of going back and beating your opponent time and time again. *This is also known as dominance*. When you do number 2, especially in some types of contests that are measured by time, you beat them. *This is also known as winning*. Yes – you even have permission to combine these two, also.

Excusing my sarcasm, we all know that in sport and athletics, nothing surpasses the importance of winning except the notion of sheer dominance. Clearly then, with skill and ability set aside for a moment, power can be measured as the one definable physical attribute that separates the winner from the loser – and, dare I say, is also the most under-rated attribute.

Consider the swimmer or the long-distance runner – the athlete commonly regarded to participate in “endurance” sports. These are all sports and athletic events where training to increase power truly provides a noted measurable edge – especially since so many of these athletes *don't even consider it*. Under-rated?

That long-distance runner who is able to increase his/her stride length (which is now becoming the most important indicator of career potential in long-distance running) is exhibiting an *increase in power, not endurance*. All other things being equal, if his/her stride length is increased, he/she will beat their personal-best times significantly because of this increased power. Improvements like those of our long-distance runner cannot be attributed to endurance, because endurance is the ability to repetitively do it.

Athletic power that translates to the competitive arena is measured by just one thing: *the vertical leap*. It is the key performance indicator by which versatile athletic power can be measured – of course, the higher, the better.

Sports like basketball, baseball, football, track and field, martial arts, volleyball, and the like all “vote for themselves” and already recognize the vertical leap as an important performance indicator; it is beyond a doubt that training to increase power output is the most important physical training that any athlete in any sport can undertake.

(8)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

Your ignorance of this is not advised and is no longer an excuse.

With the importance of power clearly established – the natural conclusion is: **“What is the best and fastest way to increase athletic power and improve my vertical leap?”**

Uncompromised Performance is Perfect Performance

There are a number of advantages for any athlete who trains to specifically increase their vertical leap and power output capacity.

The reason why engaging in this type of training is so effective is because it demands that the body works in direct opposition to the vertical plane of gravity. As we all know, gravity “weighs” most heavily in a vertical plane – as opposed to a horizontal plane – so it means that less work is performed to achieve better results, in a shorter amount of time.

Even though many of them work an athlete through the vertical plane, this desired effectiveness and efficiency isn’t met by conventional training protocols designed to stimulate it, like:

- Olympic and power lifting
- plyometric-type training
- sprint, speed and interval training
- high-rep repetitive jumping
- bodybuilding-type training (also called training to “failure”)

... and no results can be accurately predicted or documented by any of these training protocols, simply because they all require guess-work, *at very best*. Heck, in most cases, they are blindly followed without any concern given to the end goal!

Nor can any of these training protocols be truly adapted to the individual – where reps and sets are based on any given athlete’s starting power output capacity, and set to a unique frequency to point the athlete’s progress to a specific increased power output capacity or vertical leap goal.

But, *uncompromised performance is perfect performance*. And so is the case when you seek the best and fastest way possible to increase your power output capacity and vertical leap. By finding the point at which your performance of any given athletic movement is compromised, you hit the perfect rep range to commence your training program from.

This number is called the **Uncompromised Performance Number (UPN™)** and an entire workout system can be arranged and dictated by this single UPN number system – based squarely on the individual athlete, because the starting UPN (and the rate at which each athlete improves) will never, ever be the same!

This [UPN technology](#) provides for the first time *ever* a viable way you can actually predict, document and plot the step-by-step vertical leap improvement of any athlete – because *every single* number, set and rep is based subjectively on the individual athlete. It is performance, meeting hard mathematics and physics. No one regime of numbers will be the same from one athlete to another. The [UPN system](#), which works exclusively to develop an athlete's power output capacity, is the crux of any training program The Vertical Project devises for any trainer, coach or athlete/s, and is always complimented by other components that are necessary for maximal gains.

This [UPN technology](#) is to be implemented with only certain and specific types of exercises – not the usual ones you'd be used to seeing in the gym or weight-room. Often they require little if any weight and by adhering to the UPN system, you also dramatically decrease the likelihood for overtraining and injury. The exercise I'm about to discuss with you in explicit detail is just one of these exercises – and when combined with a subjective UPN-based power put program, is easily the *single most effective exercise ever devised* for increasing single-leg athletic power output.

The Exercise: Single-Leg Hyperextensions

Having arrived here in one piece, by now you should have developed a clear *respect* for the need to train your body unilaterally, and you should also know the most effective way to train for increased power output; having your training translate immediately to your chosen sport or athletic endeavor.

Now for your big introduction. Drum roll, please...

Unfailingly, the most critical, integral and results-yielding exercise – *the corner-stone* – for improving *any kind* of single-leg athletic movement; whether sprint-stride and speed, first-step explosion or single-leg jumping, is this one exercise.

Time and time... *and time again*, I am impressed with the constant stream of improvements to be literally exploited by implementing just this one exercise.



The Single-Leg Hyperextension is executed to perfection

The **Single-Leg Hyperextension** is one of the exercises used within the Power Output component of [Double Your Vertical Leap](#) – it is part of the sample training program. When executed properly, it works aggressively to build the rapid pulling power of the hamstrings that is often over-looked, but absolutely required to develop single-leg power output.

The driving force in any movement that is single-legged will predominantly be the electrical current innervating the posterior chain – *especially the hamstrings*. It is the “drag-and-pull” of the posterior chain against the ground that propels an athlete either forwards or upwards much like a sling-shot, in running movements, first-step explosions and single-leg jumping – *it is not* as much the quadriceps, as is often thought.

The posterior chain is a grouping of muscles and actually extends from the middle/lower back, through the glutes, hams and calves. Single-Leg Hyperextensions are the ideal

exercise for innervating this chain because they do a number of things not available with other similar types of movement that target this chain, to name just a few:

- **works** the athlete directly in the vertical plane against gravity
- **allows** the neurological flow to occur and develop one leg at a time, which significantly enhances the specificity and applicability
- **mimics** identically the single-leg motion for jumping or running
- **relatively** easy for athletes of all levels to implement and perform immediately with correct form and at the required speed (doesn't require too much prior work or technical attention)
- **innervates** the neurological system and corresponding muscles in the exact order that is required for the desired result (*note: think of switching-on a series of lights inside your muscles*). The electricity for the contraction runs up your leg which, **as you'll learn later**, is very important.

Sets and reps are performed one leg at a time – where you perform the required reps for your weak leg first, followed by the required reps for your stronger leg second. This cycle completes one set.

I'm going to share with you exactly what I have written about the Single Leg Hyperextension within the [Double Your Vertical Leap](#) software itself:

It is without doubt that these S/L Hypers are **one of the best exercises for increasing jumping ability**, especially for sports requiring one-legged jumping. Used primarily as a **Power Output** exercise, they should be executed **extremely quickly** and powerfully, allowing for strong contractions through the hamstring initially, followed by the glutes.

Make sure your lower back is locked again at all times and that the weight used in this exercise is minimal (a medicine ball is used to mimic the dunk movement in the picture above).

The execution of this movement is rather simple. Hook your leg under the pad and pull hard against the pad, powerfully contracting your hamstring to initiate this. As you rise up, bring the ball or weight up like you are going for a two-handed dunk. Remember – the weight used must be minimal.

Return to the start position quickly, without allowing for much resistance on the downward portion. To reduce time under tension, taking the heel off the pad momentarily and kicking hard against the pad to drive up using the hamstring again is ideal.

Importance of Correct Form and Performance

In case it isn't already clear, *it is the way you perform* Single-Leg Hyperextensions that will equate to your immediate and applicable results. Therefore, you need to implement this exercise along with a set of specific form and performance characteristics, as well as a performance tempo or speed. Below is a detailed description for performing Single-Leg Hyperextensions.

Image 1 - The Start



You need to position your body correctly to begin. Enter the hyperextension machine the usual way – hanging with both legs. Then, unlock the leg you will not be working (see left). Make sure you position yourself and the bench, so that the insert of your hips is on the edge, and not your pubic bone or it will become uncomfortable. Once you are comfortably set, hang over the edge, but also make sure your lower back is locked for the entire duration, as shown.

Tilt your body ever so slightly to the side of the leg you are working – if it's the right leg (as shown) tilt slightly towards the right of the bench. Once you are set and in place, to start the exercise, pull hard against the support pad with the back of your Achilles/heel, initiating the movement through your hamstrings (as shown). Drive upwards as fast and hard as possible.

Image 2 - The Mid-Point



As you drive higher to the mid-point of the movement, you will notice a greater contraction occurring through your glutes and lower back to a lesser extent – this all happens in a split-second.

Upon hitting the mid-point, allow yourself to drop immediately back to the hang

position, while always keeping your lower back locked in contraction (as shown). You must exert almost no resistance in the downward portion, as your goal is to drop and immediately and powerfully swing back to the mid-point. The keys are speed, performance and power. The thought you must have at the top of the mid-point (pictured) is “I have to get back up here as fast and explosively as possible!” Also, whether you are holding a weight or not, bring your hands up in the similar fashion as is pictured.

(13)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

Important Note: The athlete pictured is holding a medicine ball while performing the exercise. *You do not have to do this and we advise that you start with no weight at all* – but, if you train for basketball especially, holding a medicine ball as shown will help you even further mimic the dunking motion.

Since you want to become the fastest, quickest, highest-jumping – *the most powerful* – athlete you can be, you need to replicate this kind of intense quickness in the way you perform the movement. Demand nothing less of yourself, and perform it only to your own personal *point of compromise* – or you immediately reduce the athletic effects. This is where having a [UPN-based system](#) that is based on your very own performance numbers really enhances your efforts – bringing your maximal gains in minimal time.

Tweaking the Movement For Further Gains

Once you have developed your competency and have experienced some gains in performing the exercise, you can go ahead and screw up the intensity of this movement a few notches with a number of these “tweaks”. These tweaks are graded in level of difficulty, so if you choose to add them, I recommend you start with 1 and work your way up to 4.

1) The Medicine Ball

This needs little explanation – it is actually what is pictured in image 1 and image 2. The reason why the addition of the medicine ball is good is because it shifts the center of gravity slightly outward away from the bench, meaning the pull on the hamstrings is that much tighter. Furthermore, it is a sport-specific movement, so it encourages greater rate of transference to the actual playing field.

I would hesitate to use very heavy medicine balls, as their excessive weight will compromise the speed at which you can perform the movement – just stick with light ones and very slowly work your way up. Don’t lose the explosion you would have *if you weren’t holding the medicine ball* – it’s all in the point of compromise!

2) The Heel Kick

The Heel Kick is slightly more advanced again. I would only implement the Heel Kick once you can use the medicine ball with proficiency (maximal speed and explosion). If you go and re-read the section I took directly out of the Double Your Vertical Leap software, you will see that I have briefly alluded to the Heel Kick technique.

Let me explain this a little further. When you reach the top of the movement (see image 2), your heel is effectively your only lever – it is what is creating the swing and tension through your posterior chain. This is what I call the “hinging heel”. In image 2, the hinging heel is the right heel.

The Heel Kick technique requires you momentarily release the hinging heel from the pad at the very peak of your mid-point, as you descend to the hang start position again. When you hit the start position, you almost-violently kick the hinging heel back up against the pad... and drive yourself up forcefully into the movement. This all occurs in a split-second.

Understand this: When you momentarily release the heel from the pad you cut the tension on the posterior chain, which is a *vitaly important factor* in measuring your UPN and increasing your power output. You also induce a much, much sharper contraction than the regular movement – as you shift with lightening speed from no tension to extreme tension, in an almost-plyometric fashion.

The Heel Kick can *and should only* be employed when you are extremely proficient at performing the movement and have *also* done extensive (6-8 weeks) of work with medicine balls. Obviously, start easy with this one as there is a higher chance of hurting or injuring yourself. Get your form down first – then you can go nuts!

As a beginner, I want to assure you that you will notice rapid gains when you start the regular movement; then you will notice even more rapid results when you commence using the light medicine balls; and you will notice rapid gains *yet again* when you start using a Heel Kick. Your gains will literally occur in these “steps” and will be very noticeable at each step – so please don’t rush in. For more about implementing this, you should take note of my disclaimer at the bottom of page 2 of this report.

3) The Rubber Band



My reference here isn’t to the type of rubber band you find in your kitchen, but to the type that is used by many elite athletes and coaches around the world.

The way to incorporate the Rubber Band into the single-leg hyperextension is simple – the higher you rise in the motion, the greater the tension from the band will be.

Wrap the band around the base of the hyper-extension machine, then once you’re set-up and comfortably in the machine and ready to perform the movement, hold the other end of the band in your two hands. As you drive upwards in the movement, raise your arms up, just as if you were holding a medicine ball (see right).



Evidently, you will notice the higher you rise in the motion, the greater the tension from the band will be.

I’ll be the first to admit that I’m not the biggest fan of this type of training – it is over-rated and actually negatively impacts the neurological system *if you use it for medium to long periods of time* or as a foundation for your training and improvements, as many coaches and trainers tend to.

Nonetheless, for small, incremental periods of time (maybe 1-2 weeks out of every 10-12 week schedule), including this type of technique can be very stimulating to the neurological reaction and the intensity of the contraction.

Even if you keep experiencing gains, *do not go past 1-2 weeks consecutive* using this technique because you will negatively re-program your neurological system (for reasons too complex to explain right now).

I wouldn't go larger than the *mini* or *monster mini* size because you don't want too much tension – they are very cheap if you want to give them a try. Go and check out jumpstretch.com for more on rubber bands.

4) The Medicine Ball Catch

This is more of a coordination based technique, but it's great for any athlete who wants to simultaneously increase power, along with eye-hand coordination. For example, this technique really works wonders for soccer goal-keepers, wide-receivers, volleyballers and basketballers – in fact, all sports that require simultaneous multi-tasking abilities.

The Medicine Ball Catch requires a training partner. All you need to do is perform the regular single-leg hyperextension, but when you reach the mid-point (see image 2), you have your partner toss you a light medicine ball. Once caught, return to the start position, keeping the medicine ball. When you hit the bottom, just roll the ball back to your partner, so that he/she can toss it to you again. Obviously, you are not going for speed of repetition here, but rather, for technique. This also allows you to interchange one leg at a time.

As I said, it's great to help coordinate athlete, so I wouldn't employ it strictly as a power-building exercise, but rather as something to do for speed, agility and reaction – and, since the focus is on these, at a very low rep range.

Neurological Comparison to Other Popular Exercises

The superiority of the Single-Leg Hyperextension is highlighted even more so by comparison with many other popular exercises that target similar musculature, but fail to deliver equivalent and versatile athletic results, especially as they relate to the all-important neurological functioning of the jumping movement. I'm not going to explain how each of these exercises is performed; if you run an online search you'll quickly come up with the answers. Instead, I'm here to compare them to the single-leg hyperextension in terms of their effect throughout the athlete's body. What follows is not to say these exercise are not good, but rather to so that are *not as good* – and, therefore, should only be rarely included, if at all.

Glute Ham Raises

Glute Ham Raises are a popular exercise with gym-rat powerlifting trainers. They are a great movement for someone who wants to get *specifically strong* (as opposed to *versatile and powerful*) and/or wants to build muscle mass (which – contrary to popular opinion – is certainly not an athlete's goal).

The obvious and distinct problem with this exercise is that it is a movement that requires a great strength base to even get 5 reps completed – and that's *without* weight. In other words, it's not an exercise the young or everyday athlete can use improve their situation, anyway – and very few people can do them for single-leg emphasis. Irrespective of this, Glute Ham Raises translate better to jumping ability than leg curls... *or bicep curls...* but no where near as well as single-leg hyperextensions. Not even close.

Reverse Hyperextensions

The reverse hyperextensions are simply not a good choice for improving performance, again, contrary to what a lot of Olympic and powerlifting advocates suggest. This movement forces the athlete to carry too much load through the lower back and encourage the curling of the lower lumbar portions of the spine – which is bad news.

Further to this, reverse hypers innervate the muscles in both the incorrect order and with incorrect intensity. This is something I alluded to earlier (“as you'll learn later” page 12) and is something that can very quickly sort the good from the bad. When you perform the reverse hyper, you initiate the contraction through your lower-back and glutes (really bad news for injuries), and this then proceeds down your leg, through your hamstrings. Explosive jumping and running motions in a natural setting are opposite – they neurologically innervate the muscles from the bottom, up through your posterior. This is key; because your brain needs to be programmed to send powerful electrical current up your leg as *that's how you'll need to perform it in competition!*

When you perform reverse hypers, you're re-programming all the good work you've done with plyometrics and the single-leg hyper – and you're also placing too much relative tension and intensity on the lower back and glutes, as compared to the hamstrings. Not only are you wasting energy, you're undoing effective and efficient training, too! Worse still, this is an exercise that actually decreases in effectiveness when performed in a single-leg variation, meaning little specificity can be applied from it.

Again, this movement might be better than, oh... *a wrist curl*... for improving power output and vertical leap, but it doesn't even sniff our little gem and I wouldn't include it.

Regular Hyperextensions

The emphasis of the exercise is shifted and distributed through two legs, instead of one. This alone changes the exercise dramatically and means the lower back is innervated more heavily.

I'm not even going to bother with going into this, other than to say the single-leg version of this movement is what you need to be focusing on.

Implementing a Complete System

Whilst it's fine to go and implement just the single-leg hyperextension alone to your current training regime – you're going to be limited in the results you can achieve by it, especially if you fail to consider the bigger picture; a complete system.

And by complete system, I mean a structure that addresses the following simple topics:

- Effective Training
- Advanced Recovery
- ... *and putting it all together!*

Simple, huh?

Well here's some *even better* news – it has already been done for you. Volume 1 of Double Your Vertical Leap is dedicated solely to the **Training** component of increasing power output capacity and vertical jump, and reveals:

What the heck is a UPN™ and how is this the *only technology* to make doubling my vertical leap even remotely possible? Understand the importance of the Uncompromised Performance Number (UPN™) and how these measurements are a must for personalizing and ultra-fast-tracking your road to vertical-leaping and athletic dominance!

Keen for the hottest new ways -- used by 2004 Athens Olympians -- to build world-beating, eye-popping verticality?

The only **Plug-In, Fool-Proof system – catered specifically for your ability and goals -- that will give you a sky-scraping vertical... easy as 1 + 1!** The “Plug-In” system has launched even the most well-conditioned athletes to new vertical heights, some over 50 inches of pure, career-making power. Once you “plug-in” 40 inches of leap will come quicker than you could ever imagine. It works very well, especially for athletes who have been previously trained in other methods. Somehow, incorporating the UPN system “unlocks” the power and gains that have been tempted and teased by other training protocols.

Find out the exact rep, set and rest calculations (*that no-one else in the entire world can give you*) to develop your vertical leap faster than you ever thought possible! Guaranteed individual accuracy equals a higher vertical, sooner – for you! *You'll even learn...*

(20)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

Special "tension-release" moves that bump your bounce! The *best* exercises, rest, reps and sets schedules to generate explosive vertical gains!

Bet you want to cram extra inches onto your vertical where other programs or systems simply *cannot*! Then you need to learn how to correctly and ultra-effectively include:

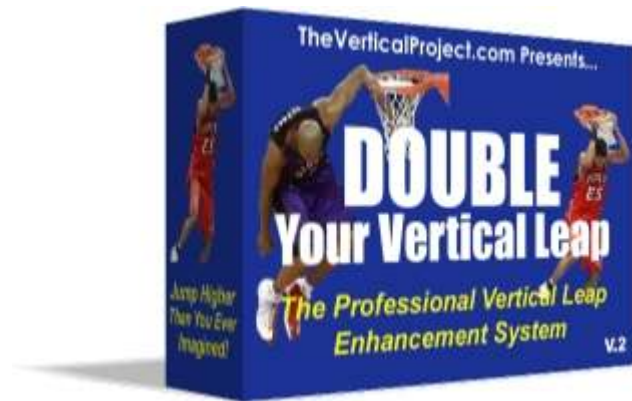
- > **isometrics**
- > **water training**
- > **true plyometrics**
- > **and certain explosive, "dead-start" lifts**

... into your performance enhancement training system.

The three things you must *not* do if you want to optimize your vertical... and how regular jump programs actually include them! This is the quickest way to sabotage your athletic dreams, and yet there are still well-respected coaches out there telling athletes to do exactly these things!

And a heck of a lot more!

[Learn more about **Volume 1** of Double Your Vertical Leap](#)



In Volume 2, we take a slight detour and head into the **Recovery** component, discussing such revolutionary concepts as:

How to boost your training results by up to 800%! Training is *only 10%* of the battle - learn the ultimate system for maximizing athletic power and performance and...

(21)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

SHOCKING! Are you preventing your own results? The “vital two” things no-one does – *that every serious athlete must do* – before they even think of taking another supplement! (By the way, doing these two things virtually guarantees “overnight” success!)

Want to understand *how & why* the frontier of performance enhancement nutrition and recovery is not with nutritional scheduling and what a “select few” are finding out -- *even as your eyes read this?*

“Steroid-like effects!” Apply the comprehensive, all-natural, 7-pronged Window Plan™ (2005 Pro-Version) written especially for athletes wanting to gain maximal power performance in minimal time! Lightning-quick recovery, train harder, get better results – *sooner!* All 2005 updates included.

Forget creatine and a simple multi-vitamin... Learn the *three compulsory aspects of power development* that must be addressed through a comprehensive supplementation program. See increased power output capacity markedly *within just 24 hours!*

How brain waves, and certain nutrients directly *and dramatically* affect your jumping ability. The new frontier of high-end sports nutrition – be *one of the first* in the world to learn the new, high end techniques that allow for *faster development* of neuro-transmitters – the exact things that make you fly! Plus...

The only holistic recovery approach to ensure peak performance - every day!

Maximizing the powerful hypothalamus/pituitary hormone releases...

Nutrition to “force” your body into super-human vertical power response!

Turbo-Charged neurological firing efficiency and athletic *explosiveness* through proper nutritional manipulation...

Why *absorption* of nutrients is far more important than consumption, and how to rapidly increase it!

And too much more to list right now...

[Learn more about Volume 2 of Double Your Vertical Leap](#)

(22)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

And in Volume 3 we put it all together for you, so you can ...

Start increasing your vertical *this very minute!* The top ten things you absolutely must do to start immensely improving your athletic performance, today!

Ever thought of five simple practices can send you on your way to athletic supremacy not tomorrow... but today? Find out how these incredibly important practices can make the decisive difference between *wasting your time or wasting your opponents!*

What is the one “trigger” that will ensure you reach your vertical leap goal and athletic dreams? Hint: Beyond anything, this is where it all starts and finishes...

And finally – what you’ve waiting for...

No hype, no B.S. -- just your *very own* 15-week custom program! Double Your Vertical Leap with your own sample program... The *only* system out there that is *100% personalized* for your training goals and current ability! In fact, *your personalized program* is packed with the following ground-breaking features:

Not just two, three or four -- but 9 different performance-enhancing modes of training!

Three 5-week phases to help avoid stagnancy and plateau’s...

Revolutionary template feature, so you can plug-n-play your own workout numbers – all based *entirely around you!*

Pure Performance Science...

Only every single one of the *most mathematically effective* training systems, exercises and perfectly constructed frequencies for increasing versatile athletic power output and vertical jump, including:

- > *UPN-based, Power Output training*
- > **“Dead-Start” exercises**
- > *Isometric training*
- > **Water plyometrics**
- > *“Tension-Release” exercises with...*

(23)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com

- > **True plyometrics**
- > *Partial and strong-range movements*

And... consolidation weeks to “double-up” your training efforts and demand proper recovery and adaptation!

[Learn more about Volume 3 of Double Your Vertical Leap](#)

I'm not going to discuss it any further, except to say that if you are quick enough to go and check our Double Your Vertical Leap, you even may have the good fortune of stumbling across the seven limited-time bonuses that are included with the software... *that have a combined value of over \$800!*

[Learn more about the seven limited-time bonuses, worth over \\$800!](#)

To close out this special report, I trust that you have found this information insightful and valuable in your quest to develop astounding levels of athleticism. I encourage that you stay in touch with myself and my team and make sure you regularly [visit my blog](#), where the world is kept up-to-date with the latest and greatest advancements in performance enhancement and vertical leap training.

To visit the blog, just go to:
<http://www.theverticalproject.com/blog>

As always – train hard and train *smart!*

God bless,



Luke Lowrey
Creator, TheVerticalProject.com

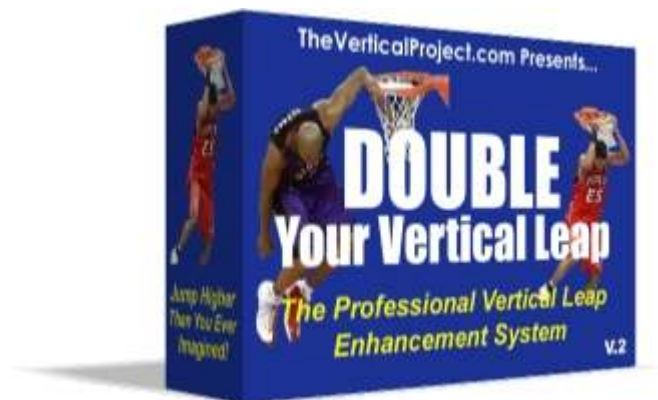
About the Author

Luke Lowrey is the founder of TheVerticalProject.com and the creator of the [Double Your Vertical Leap](#) performance-enhancement software and training system – the only system in the entire world to incorporate his self-devised UPN™ technology.

A former professional-level athlete himself, Luke developed the UPN system to dramatically increase his own vertical leap to an outstanding 42 inches, before suffering a career-ending injury. As fate would have it, Luke aroused such an interest in his training system that he very quickly had numerous international coaches, trainers and elite athletes seeking his expertise from all around the world – many of whom remain on his client list today and demand strict non-disclosure contracts to prevent the release of their association because his methods are so effective.

Since 2003, Luke has taught his system to his elite, private client list and in October 2004, made his system available to the general public for the very first time. From October 2004 to December 2005, his system has served over 2,500 satisfied independent athletes from over 25 countries.

Luke largely disregards conventional training and institutional learning as being backward and his body of work reflects this firm stance. As of December 31, 2005, Luke proudly became an unqualified trainer, as he allowed his industry-based personal trainer qualification to lapse. In constant demand, Luke splits his time between Los Angeles, USA and his hometown of Melbourne, Australia.



[Get Luke's World-Class Double Your Vertical Leap System Right Now!](#)

To contact Luke Lowrey and The Vertical Project Team just e-mail:
tvp@theverticalproject.com

(25)

Copyright © 2005, The Vertical Project. All Rights Reserved.
Unauthorized Selling Strictly Prohibited

If you purchased this report as a sole item, you have done so both illegally and fraudulently. Please contact the vendor for a full refund and notify The Vertical Project by e-mailing: tvp@theverticalproject.com