

The Jump Manual : The Most Comprehensive Vertical Jump Program Available.

THE JUMP MANUAL: The only program that targets every facet of vertical explosion. Effectively training every aspect of vertical jump is the only way to maximize your vertical jump explosion.



Watch the video above to understand exactly why The Jump Manual's multifaceted approach produces the most rapid and maximal vertical jump gains possible. The only way to reap huge gains is by obeying true training principles. Learn exactly how to gain a serious physical edge over your competition.

→ All testimonials are 100 % verifiable. I can put you in contact with real athletes who have gained 10 - 25 inches from this program. We are listed on several online better business agencies, and must maintain standards of

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Marc Ostrofsky



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