

# Vert shock pdf reddit

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demonstration. i dont have the videos, so i am unsure about this, i can probably youtube the rest of the exercises. welcome to vert shock, your ultimate destination for vertical jump training! a higher strength to weight ratio equals a better likelihood of having a higher vertical jump. vert shock is a unique 2- month training program that focuses on improving your vertical leap. it' s called vert shock. repetition and practice are key - - practice doing your max height jump every day. don' t spend money on these. pre- shock wee 1: vert shock shock phase

 Difficulty Easy

 Duration 573 minute(s)

 Categories Energy, Food & Agriculture, Furniture, Music & Sound, Robotics

 Cost 299 EUR (€)

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Step 1 -

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