

33 Best Exercises to Increase Your Vertical Jump



So you want to jump higher. Done.

This guide will give you the exercises you need to push your vertical jump higher than before. Pick a few of these exercises and add more each week to your regular workout.

A few tips:

- Always warm up, even if it is jogging a little bit, make sure you are sweating *before* you start your jump workout. Because if you don't you will kill your knees and the rest of your joints.
- Always give it everything you have. If you don't push yourself to jump higher, then you will not increase your vertical. So don't give up if you aren't seeing results, because if you are working hard, then you will see results soon enough.

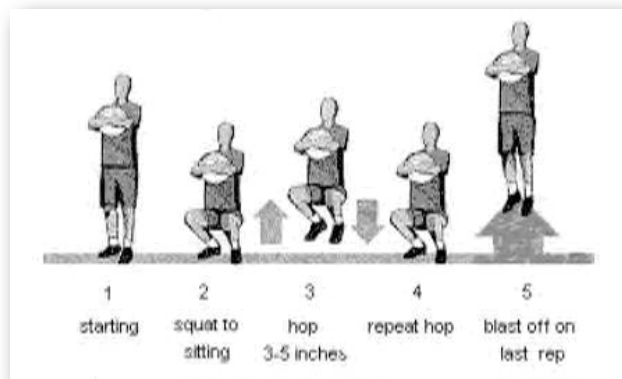
- Start with light and build over the next couple weeks. Most jumping muscles that really give you the best leap are small muscles in between the major muscle groups. And when you start off hard, those smaller muscles will be skipped over. So start light, but with high repetitions, a higher number of jumps or exercise.
- And when using weights for jumping exercises, start light with high reps. Otherwise you won't have any knees after you finish.
- Have fun. If you aren't having any fun, then you won't keep doing it. Get some friends, make it a competition, whatever you need to keep things fun.

Also, in order to keep this file small, we have kept videos and larger files on the website at JustJumpHigher.com, but we do have the pictures that link to our site, which will open in your web browser.

Squat Hops

A new one that I've learned (and love), because it burns your legs at different points while getting building explosive strength the entire time.

Lower yourself to squat position, using your arms for balance, and bending at your knees and hips until your thighs are parallel to the ground. At that point, use your calves and hop up about 3-5 inches. Hop up and down 15-20 times and on the last hop, when you come back down and hit the ground, immediately explode up, straightening your legs and lifting off the ground as high as possible.



Leap Ups

Using your arms to keep your balance, lower your body, bending at your knees and your hips until your thighs are about parallel with the floor. At that point, jump as high as possible into the air.

When you come back down, land with your knees bent and go right back into the squat position to repeat.

Calf Raises

There are quite a few variations of calf raises, and so I will go through all of them here. And hold onto something if you need help to balance, but work to not need something or someone else to hold onto in order to build better balance in your calves and better strength.

Heel Raises

Stand with both feet flat on the ground, right next to each other. Lift your heels off the ground as high as possible and hold for a few seconds. Lower your heels back down to the start and repeat.

Calf Raises

These are the original, and work the entire calf muscle (use the toe raises to target different points of your calves if you have reached a plateau that you want to break through). But stand on an elevated platform like a 2x4 or box with your toes and the balls of your feet so your heels are hanging off the back. Lower your heels as far down as you can, and then lift your heels up as high as possible, then hold for a few seconds before lowering them back down and repeating.

Other Variations:

Single Leg Calf Raises - use only one leg for a set, then switch to the other leg.

Weighted Calf Raises - choose an appropriate weight to hold while performing exercises.

Step Ups

This one takes coordination, so grab a box or something else that is solid and almost knee height. Place one foot on top of the box and push yourself off the ground using that foot. When you come back down, land with your opposite foot on the box and the other foot on the ground. Now use your opposite foot which is now on the box to push yourself into the air, and again when you land, land with your opposite foot on the box and your other foot on the ground, like you started. Repeat.

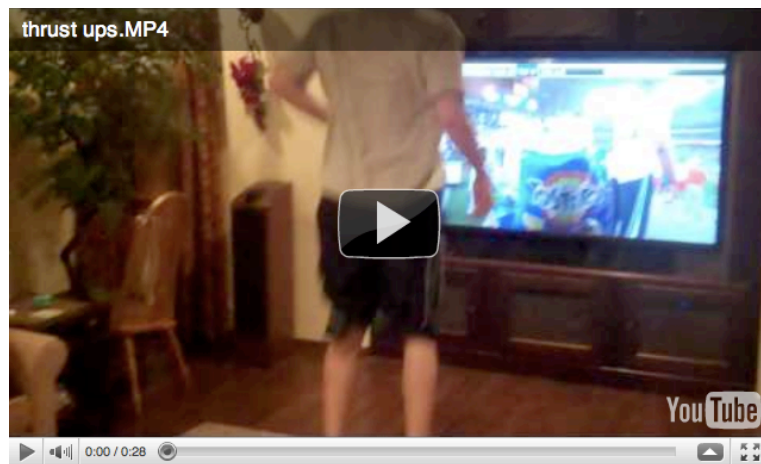
[Video for Step Ups Here: <http://www.justjumphigher.com/step-ups>]



Thrust Ups

Stand with your feet shoulder width apart and your legs kept straight. Using your lower legs, thrust your body into the air as high as possible. When you land, immediately explode back into the air as high as possible. Repeat.

[Video for Thrust Ups Here: <http://www.justjumphigher.com/thrust-ups>]



Burnouts

This is like jump roping without the rope. Stand with your feet shoulder width apart and legs straight. Bounce into the air a few inches, and when you land, immediately jump back into the air. Repeat 100-500 times.

Deep Knee Bends

Lower your body into squat position, bending at your knees and hips with your back straight. Use your arms to keep your balance. And lower yourself so your butt nearly touches your heels, then push your body back up to standing position

Jump Rope

Building coordination and strength as well as quick twitch muscles needed for jumping. There are millions of ways to jump rope, and I won't go through them all, but these are the classic ones:

- Jump rope on two feet. Both feet together.
- Single footed jump rope where you put one foot either in front or behind your body (whichever is best so you don't get it caught in your rope each time) and just jump with one foot.

- Alternating foot jump rope where like single footed jump rope, only jump from one foot to the other. This one can take some time to get the timing down.
- Double jumps is when you jump high and swing the rope around twice instead of just once. This is good to throw in once in a while to keep your heart rate up and your entire muscles firing.

[**Video with Jump Rope Routines** with an extremely happy and attractive fitness model, as well as oddly funny music: <http://www.justjumphigher.com/jump-rope>]



Box Jumps

Just like it sounds, you will be jumping onto a box. The difference is that you can choose any different size of a box depending on your ability. But push yourself. Start with something about knee to thigh height. But build up to at least waist height and continue as your vertical increases.

But stand flat footed on the ground and prepare for a jump with your entire body, using your arms to help. Jump as high as you can in order to land with both feet on the box. Make sure you have your balance, and then hop down from the box and repeat.

[Video for Box Jumps Here: <http://www.justjumphigher.com/box-jumps>]



Broad Jumps

These jumping techniques will get you to learn to jump out as well as up so you will be an all-around better jumper. But standing with both feet together, use your arms and entire body to leap as far forward as possible, landing with both feet together again.

[A funny (and slow motion) video to complete broad jumps: <http://www.justjumphigher.com/broad-jumps>]



Power Skipping

Think of skipping as a kid, but instead of just skipping around, use your arms to power yourself up into the air as high as you can each time, then land and switch legs to push back up again.

[Here is a quick video for how to power skip: <http://www.justjumphigher.com/power-skipping>]



Bounding

This is another good exercise to teach knee drive. Think of jogging with more power. Start with a run/jog and then power your knee into the air and hold for a second or two before you start coming back down. When you land, swing your other leg through and do the same to power that knee into the air. This will extend your stride out and get more power out of each step.

[This video explains a few different bounding exercises as well as a little hurdle hops at the end: <http://www.justjumphigher.com/bounding>]



Hurdle Hopping

This can be done with other obstacles as well, but just like it sounds, get a few hurdles and line them up a few yards apart. Hop over each one with both feet going over the top of the hurdle. No cheating or slacking. If you have them in a line, hop over the first, then walk to the next and hop over it, and continue down the line.

Single Leg Hops

Just as it sounds, you are going to stand on one leg. Using your arms and your other leg for drive and momentum, hop at least 5 feet in front of where you were standing. Repeat.

Tuck Jumps

This is a great warmup as well as an exercise. And you've most likely done this before without knowing what it is called. From a standing position, jump as high as you can and bring your knees up to your chest, then back down. This activates your entire legs and core while strengthening both.

[Here's a quick 4 second video for tuck jumps: <http://www.justjumphigher.com/tuck-jumps>]



Lunges

One of the most classic of all leg exercises, up there with squats, step forward as far as is comfortable and lower your body until your front thigh is parallel with the ground. Your other leg should be comfortably behind you with your knee directly below your body. After you lower your body, raise back up to starting position and repeat.

[Here's a good video explaining how to do lunges correctly: <http://www.justjumphigher.com/lunges>]



Line Jumps

Find a line on the ground or grab a small obstacle. Stand on one side of the obstacle with both feet together. Dip down and hop to the opposite side of the obstacle and immediately hop right back. Continue back and forth.

Stretch yourself to jump higher and/or further from the line. This will build power and strength in your jumping muscles.

[This is a great demo for line jumps, and it's short too: <http://www.justjumphigher.com/line-jumps>]



Rebound Jump

This is a plyometric exercise in which you start by standing on a box or chair (just make sure it is well grounded and won't slip out). Jump down from the box and when you hit the ground immediately explode up as high as you can. See how far up you can touch and use that as a benchmark for each jump after that.

[Here is a video that shows a great demo for really doing your best with rebound jumps: <http://www.justjumphigher.com/rebound-jumps>]



Scissor Jumps

Start with a Lunge position, stepping one foot out in front of the other, lower your body and jump into the air. When in the air switch positions with your legs so you land with the opposite foot in front.

[This is a better explanation for scissor jumps: <http://www.justjumphigher.com/scissor-jumps>]



Your Core - exercises needed to keep yourself rigid and get more power out of your jump.

One thing that is usually overlooked when dealing with your vertical jump is the rest of your body. It is true that your legs produce the power, but you need to have a solid, strong core that can handle all of that power. Otherwise, all the power will be wasted. It will be like bouncing an uncooked noodle as opposed to a soggy noodle.

So make sure to work your core muscles.

This means sit ups, supermans, and oblique twists. And here are some more.

The Plank

Get in push up position, and place your forearms on the ground while holding up the rest of your body so that just your forearms and toes are touching the ground. Hold this position for 30-90 seconds depending on your level of fitness.

Side Plank

Just like the plank, only instead of facing the ground, turn your body 90 degrees, with only one of your forearms holding up the top part of your body and your foot holding up the lower part. You should feel this in your sides of your rib cage. Hold for 30-90 seconds.

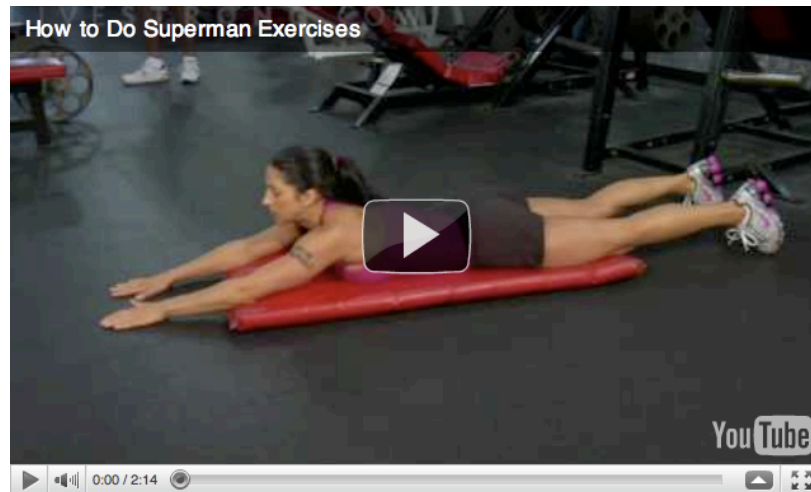
[This is a detailed video showing how to do a plank and a side plank: <http://www.justjumphigher.com/plank>]



Superman

Lay flat on the ground, face down. With arms out above your head (like Superman flying), lift up your arms and legs so that only your stomach, chest and part of your lower legs are touching. Hold for 30-90 seconds.

[If you don't know how to do a superman, then this video will help you out. Also there are some harder variations included in this video: <http://www.justjumphigher.com/superman>]



Leg Lifts

Lay on the floor or on a bench on your back, and secure yourself by grabbing onto something secure. Straighten your legs and lift them up slowly straight above your body so they point straight up in the air. Slowly lower them back down to the ground. Repeat.

[Here is a video for working your abs with leg lifts: <http://www.justjumphigher.com/leg-lifts>]



V-Crunch

Lay on your back in sit up position. Hold your feet and shoulders off the ground. Bring in your knees to your chest and pull your shoulders to meet them. Repeat.

[Here is a video from a very happy lady explaining V-crunches: <http://www.justjumphigher.com/v-crunches>]



Oblique Twists

Lay on your back in sit up position with your feet secured. Hold a 5-15 pound weight with both hands and raise your torso to about 45 degrees from the ground. Hold the weight away from your body and use your upper body to twist back and forth touching the weight on opposite sides of your body.

[Here is the video showing how to perform oblique twists: <http://www.justjumphigher.com/oblique-twists>]



Put It All Together - To Get Results

Now that you have the exercises, what are you going to do with them? You can easily have a list of things to do and never do a single one of them, but what if you actually put the pieces together with a plan and a goal. The possibilities are endless.

So how can you use the above list and actually make progress? Well obviously since you've read all the way to here, you want to see results, so you're motivated. That is necessary. Next, you will need to determine your own level of fitness, and you can do that better than I can.

But based on your level of fitness, you should pick at least 2 exercises to start with to add into your workout routine you have already. If you have a higher fitness level, then start with 4-5 exercises. And always make sure that you are doing 1 or 2 core exercises, because you can have the strongest legs, but if you don't have a solid core on top of them, then you won't get results you want.

So for example, if you are an average athlete who exercise 3-5 times per week, then you can easily insert 3 new exercises, such as the Plank, Box Jumps, and Leap Ups. Do 3 sets of each, with at least 20 reps each (and 60 seconds on the plank). And feel free to add more if you want more results sooner.

Now do this routine 3 times per week.

Make sure that you are doing other activities which involve you jumping, such as playing basketball or volleyball or whatever your sport may be.