



# VERTEC jump training

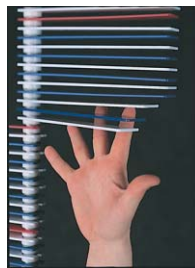
The **VERTEC jump training system** is used by virtually all professional and college sports teams, including the NFL Scouting Combine. It is the best way to evaluate and improve jump reach and lower body explosive power.

# the VERTEC how does it work?

is the only product of its kind, offering athletes and coaches an effective, easy-to-use jump training tool. The Vertec motivates an athlete to jump higher with each attempt. Unique features include:

- **Vertical Leap** — measures from 6 to 12 feet
- **Measurement system** — height scale and color-coded vanes offer half-inch measurement for immediate feedback
- **Target vanes** — safe, plastic vanes with swing-away action provide a tangible goal
- **Accuracy** — each Vertec is pre-calibrated to ensure accurate heights
- **Reset tool** — a handy, attachable rod to align or reset vanes
- **Drill instructions** — a full set of instructional drills and tabulation charts from nationally known strength coaches are included for immediate use with your athletes
- **Setup** — accompanied by simple assembly instructions
- **Pedestal support** — weighted and balanced for stability, yet complete portability

The Vertec can be used effectively in conjunction with other jump training devices in plyometric programs.



**1 Standing height is measured** as Athlete stands with hands extended equally above head.



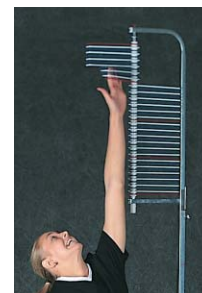
**4 Reset tool** aligns dislodged vanes for a clean target.



**2 Vertec is raised** into position to measure jump reach.



**5 Athlete attempts** additional jumps to move more vanes to the side.



**3 Athlete jumps,** moving vanes to the side.

**6 Vertical jump height** is the difference between standing reach and jump reach measurements.



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# JUMP TRAINING

The **VERTEC jump training system** challenges athletes to improve their vertical leap through instantaneous feedback and recognition.

The process is simple, offering a true vertical target, visual motivation and an immediate, accurate measure of success and growth.

## skills improved:



Acceleration  
Base Stealing  
Blocking  
Rebounding  
Running  
Skating  
Spiking  
Starting  
Tackling  
Vertical Leap

## sports impacted:



Baseball  
Basketball  
Football  
Hockey  
Skiing  
Soccer  
Softball  
Swimming  
Tennis  
Track & Field  
Volleyball

## other JUMP TRAINING tools



**Russian leaper**  
Builds jumping endurance and muscle strength

**Jump box**  
Improves jumping mechanics and in-air body control



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