

# Vertical Jump Training

3 classes every week  
Mondays, Wednesdays, and Fridays  
4pm to 5pm

Boys & Girls Age 11- 25

3 sessions per week - 60 minutes per day – The training sessions will include “The Bear Machine”, Vertimax, and resistant sand training in the new sand volleyball courts at Court One. If you are serious about increasing your vertical... This is the training for you!



Presented By:



## Start training today!

MONDAYS – WEDNESDAYS - FRIDAYS

### WHAT IS IT?

#### “The Bear Machine”

It has proven to be the most effective tool ever designed for developing maximum power in the vertical jump for explosive performance in the athlete. The Bear is used to condition athletes in every major sport and delivers a tremendous result:

#### “Vertical Sand Training”

If you perform your vertical jump training on the sand you will quickly notice how tired your legs get. This is because they have to recruit so many more muscle fibers in order to jump. Regular training with this technique makes your muscle accustomed to firing off all those extra fibers so that when you jump on a harder surface such as a basketball or volleyball court, you not only regain the benefit of the plyometric response, but also the ability to recruit more fibers.

### COST & REGISTRATION

Limited to 25 athletes

The cost is \$169 (12 sessions).  
You can start anytime.

Register online at  
[www.courtoneaz.com](http://www.courtoneaz.com)

#### Court One Athletics

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