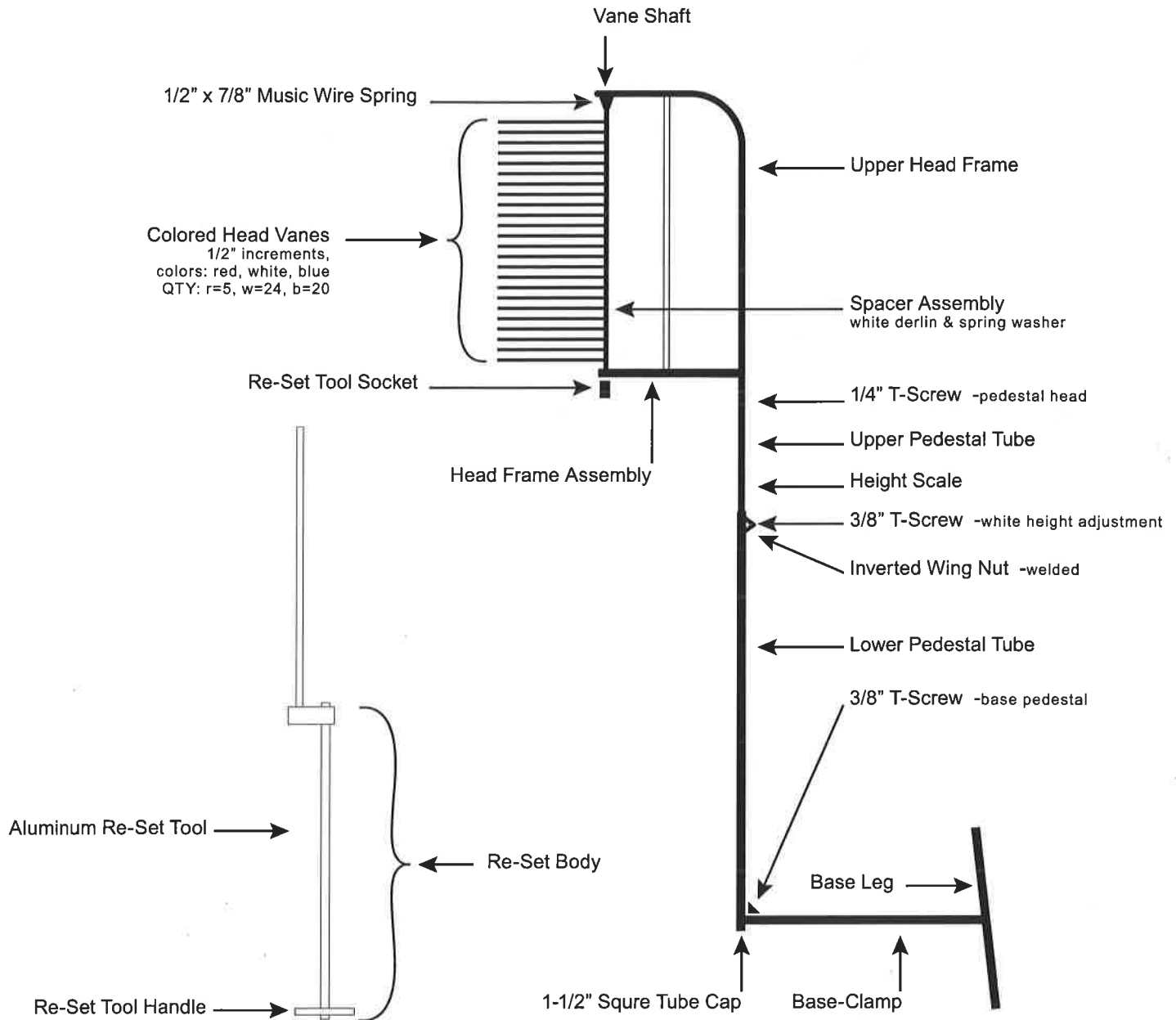


sports imports

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Have questions regarding your Vertec? Please call 800-556-3198 to speak with a Sports Imports representative.

Exercises are recommended by the following:

Marv Dunphy-Men's Olympic Gold Medal Volleyball team, 1988-Coach

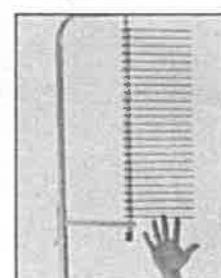
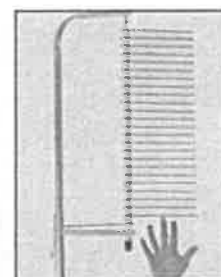
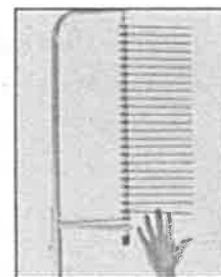
Vern Gambetta-Chicago White Sox, strength and conditioning

Meg Ritchie-Univ. of Arizona, strength and conditioning - basketball, etc.

Frank Costello-Univ. of Maryland, strength and conditioning-football

VERTEC™

For most of these exercises the first jump of each set is 50% of maximum vertical leap, second is 75% and subsequent jumps are maximum. Stretching prior to training as well as padded landing surface are recommended.



1. JUMP WITHOUT APPROACH, ONE HAND

Stand flat footed under vanes, bend and jump. Hit the highest vane possible. Absorb landing, explode up.

B 2 sets, 4 jumps
M 3 sets, 5 jumps
A 5 sets, 6 jumps

2. JUMP WITH APPROACH, ONE HAND

Approach, make maximum jump using both feet, one if sport specific. Also, using opposite hand.

B 2 sets, 4 jumps
M 3 sets, 5 jumps
A 5 sets, 6 jumps

3. JUMP WITHOUT APPROACH, TWO HANDS

Repeat same procedure as number one. Use both hands to strike highest vane possible.

B 2 sets, 4 jumps
M 3 sets, 5 jumps
A 5 sets, 6 jumps

4. PAIRED JUMPS

Perform approach jump as in number two. After landing explode up again quickly, to get maximum effect.

B 1 set, 4 pairs
M 2 sets, 5 pairs
A 3 sets, 6 pairs

5. MAXIMUM STATIONARY JUMPS

Perform 10-15 no approach maximum jumps continuously. Cushion each jump. Consult exercise number 1.

B 1 set, 10 jumps
M 3 sets, 10-15 jumps
A 5 sets, 15 jumps

6. STATIONARY SPEED JUMPS

Perform as many no approach jumps as possible in 20-30 seconds. Use maximum effort, but go for speed.

B 1 set, 20 sec.
M 3 sets, 20-30 sec.
A 5 sets, 30 sec.

7. MULTIPLE SUB MAXIMUM JUMPS

Perform at a level 10% to 30% less than maximum jump. Jump, hit vane at 3 second intervals. Continue until you can't hit vane.

B 1 set
M 2 sets
A 4 sets

8. MULTIPLE PROGRESSIVE JUMPS

Set bottom vane one foot above standing reach. Progressively, touch one vane higher for fifteen jumps.

B 1 set
M 3 sets
A 4 sets

B Beginning

M Intermediate

A Advanced

The Vertec is a patented device.

SPORTS IMPORTS 1-800-556-3198

VERTEC
VERTICAL JUMP TABLE
VERTICAL = J.R. - S.R. (in inches)

TABLE "A"

J.R. JUMP REACH IN FEET AND INCHES	12' 6"													48	47	46	45	44	43	42	41	40	39	38	37	36
	12' 5"												48	47	46	45	44	43	42	41	40	39	38	37	36	35
	12' 4"										48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	
	12' 3"									48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	
	12' 2"							48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32		
	12' 1"						48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31		
	12' 0"					48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30		
	11' 11"				48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29		
	11' 10"			48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28		
	11' 9"			48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	
	11' 8"		48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	
	11' 7"	48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	
	11' 6"	48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24
	11' 5"	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23
	11' 4"	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22
	11' 3"	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
	11' 2"	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20
	11' 1"	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19
	11' 0"	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18
	10' 11"	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
	10' 10"	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16
	10' 9"	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
	10' 8"	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14
	10' 7"	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13
	10' 6"	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12
	10' 5"	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11
	10' 4"	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10
	10' 3"	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9
	10' 2"	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8
	10' 1"	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7
	10' 0"	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6
	9' 11"	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5
	9' 10"	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4
	9' 9"	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3
	9' 8"	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2
	9' 7"	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	9' 6"	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
		7'6"	7'7"	7'8"	7'9"	7'10"	7'11"	8'0"	8'1"	8'2"	8'3"	8'4"	8'5"	8'6"	8'7"	8'8"	8'9"	8'10"	8'11"	9'0"	9'1"	9'2"	9'3"	9'4"	9'5"	9'6"

S.R. - STANDING REACH IN FEET AND INCHES

VERTEC
VERTICAL JUMP TABLE
VERTICAL = J.R. - S.R. (in inches)

TABLE "B"

J.R.
JUMP
REACH
IN
FEET
AND
INCHES

10'6"							48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30
10'5"						48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29
10'4"					48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28
10'3"				48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27
10'2"			48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26
10'1"		48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25
10'0"	48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24
9'11"	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23
9'10"	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22
9'9"	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
9'8"	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20
9'7"	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19
9'6"	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18
9'5"	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
9'4"	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16
9'3"	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
9'2"	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14
9'1"	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13
9'0"	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12
8'11"	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11
8'10"	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10
8'9"	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9
8'8"	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8
8'7"	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7
8'6"	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6
8'5"	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5
8'4"	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4
8'3"	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3
8'2"	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2
8'1"	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
8'0"	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
7'11"	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1		
7'10"	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
7'9"	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1				
7'8"	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1					
7'7"	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1						
7'6"	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1							
	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"	6'6"	6'7"	6'8"	6'9"	6'10"	6'11"	7'0"	7'1"	7'2"	7'3"	7'4"	7'5"	7'6"	7'7"	7'8"	7'9"	7'10"	7'11"	8'0"

S.R. - STANDING REACH IN FEET AND INCHES