



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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