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Natural Leap

Developing a High Vertical Jump How to Increase Vertical Jump How to Jump Higher Without Traditional Training

...running faster, becoming quicker, increasing endurance, becoming stronger or improving your ball game – this website is about one thing and one thing only - Increasing Your Vertical Jump (the rest are positive side effects)

Simple: Most programs are way too hard!. They are hard to follow, hard to stay dedicated to and hard to fit into your daily routines.

Most vertical jump programs require an unrealistic amount of dedication, hard work and discipline in order to get real results...

This is fine if you're a professional athlete. But if you're not prepared to dedicate your life to increasing your vertical jump and have your days revolve around complicated routines and special diets: most vertical jump programs are NOT for you!

No weight training No funny shoes No complex routines No medicine balls No special diets / nutrition No overpriced vests, parachutes, gadgets No gym memberships No Yoga No running No Samurai-like dedication

All the stuff listed above is exactly what makes most vertical jump programs expensive, time consuming and way too difficult to follow for the average person. You don't need any of it.

Designed with YOU in mind NO gym membership / special equipment Can be done from Home Natural Exercises your Body is Comfortable with Easy to Follow / Stick To No gym memberships Realistic

Again: this program is NOT about running faster, becoming quicker, increasing endurance, becoming stronger or improving your ball game. It's about one thing and one thing only: Increasing your Vertical Jump in the fastest, most realistic and effective way possible.

If that's all that matters to you (jumping higher), then I don't recommend trying to increase your Vertical Jump without The "Natural..."

You can also find this article published on [Natural Leap](#), and on the tag pages [ball](#), [endurance](#), [funny shoes](#), [how to increase vertical jump](#), [Vertical](#), [vertical jump programs](#).