

The background is a complex, abstract composition. It features a dense, wavy pattern of lines in shades of orange, red, and yellow, creating a sense of movement and depth. Overlaid on this is a grid of fine, dark lines that form a mesh-like structure. Several prominent white curved lines sweep across the scene, adding a dynamic, graphic element. The overall effect is one of intense energy and modern design.

VERTSHOCK

Vert Shock PDF Workouts & Exercises

This detailed review is about the Vert Shock PDF workouts and jump program. We will discuss the results you can obtain with these extremely effective exercises when you download your copy of Vert Shock jump program by Adam Folker [from this special link](#)

This innovative 3-step training workouts can add 9 – 15 inches (ca. 38 cm) to your vertical jump, allowing you to dunk in about 8 weeks.



[Click here to download Vert Shock PDF Program](#)

Any basketball player worth his salt will tell you that increasing one's vertical jump is crucial to succeeding at the game. In fact, this ability will translate to improved performance and results in many other sports too. The results of specific exercises are most evident in basketball, where being able to jump high opens up an infinite world of possibilities.

There are several jump programs on the market designed to train you in a way where you can add some inches to your vertical jump.

However, most of these jump programs pale in comparison to the Vert Shock PDF workouts, which has become an online bestseller and the industry standard when it comes to jump training exercises.

With thousands of copies sold, it shows no signs of waning in popularity.

Let's see why Vert Shock PDF (workouts and program) is dominating the scene when it comes to jump training...

1) The official site for the Vert Shock workouts and exercises by Adam Folker screams credibility.

The sheer number of testimonials and positive reviews they have from satisfied customers is shocking to say the least. Pun fully intended.

You can see that these are real people with real results.

In fact, the testimonials that litter the entire page are enough to make anyone want to download Vert Shock PDF and video jump program.

2) The creator, Adam Folker, is a credible authority who is an athlete in his own right. The guy even has a photo with the late Kobe Bryant.

What more can we say? The man knows his stuff and while the sales page speaks of Russian training regimens and other physiology, the simple truth is that Adam Folker has distilled complex training methods into a simple, easy-to-follow jump program that delivers results.

3) The Vert Shock PDF and video program will require 8 weeks of practice for you to increase your vertical jump. Don't panic. This is NOT military training. The workouts are progressive, and not exhausting.

- **Stage 1 (Week 1)** – In the first 7 days, which is known as the ‘pre-shock phase’, you’ll train for 4 days. Each session will be 30 minutes long.
- **Stage 2 (Week 2-7)** – During this ‘shock phase’, you’ll train for 3 days a week. Each session will be 40 minutes long.
- **Stage 3 (Week 8)** – Finally, you’ll be in ‘post-shock phase’ where you train for 4 days and each session will be 30 minutes long, following Adam Folker's easy to apply indications.

4) The Vert Shock PDF jump program is not a complicated training.

Everything is laid out for you.

There’s very little fluff. It’s just a ‘go there, do this’ type of approach which you can blindly follow.

[The Vert Shock exercises](#) are so effective that, as long as you follow Adam Folker's program consistently... you will see marvelous results, and your jumping ability will improve fast.

5) After you download it, you can try The Vert Shock PDF jump program for 60 days without any risk. That’s enough time for you to apply the system and see results.

6) There are several bonuses that accompany the main Vert Shock PDF jump program.

These bonuses are:

- The 4 Vertical Jump Killers
- The 5 Dirty Secrets To Jumping Higher
- Weekly Check-Ins
- The Jumper’s Diet Checklist
- NBA Jump Secrets Revealed

- And 6 more bonuses

It's almost impossible to find anything negative to say about Vert Shock PDF and video jump program. It's that good. We could probably tell you that consistency is required to achieve the extra height in your jumps... but you already know that.

The Vert Shock PDF workouts and exercises guarantees you a dunk in the next 8 weeks, by adding 9–15+ inches to your vertical jump.

There is no better program out there that can help you with your vertical jump the way Vert Shock can. We love it when we come across a product that overdelivers on all fronts... and Vert Shock is jumping way over its competition. Adam Folker's system is a no-brainer. If you want to jump higher, download it and follow the training. It's as simple as that.

[Click here to download Vert Shock PDF Program](#)