



Jump Attack: The Ultimate Program On How to Jump Higher and be More Explosive

Tim S. Grover

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From back cover - Now, for the first time ever, follow the exclusive training methods devised by personal trainer Tim Grover for world-champion clients such as Michael Jordan, Scottie Pippen, Charles Barkley, Hakeem Olajuwon and more than 30 other NBA stars. This plan can add 6 to 14 inches to your vertical leap in 12 weeks. (Description by http-mart, Roy Schoenbeck)

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