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ve been living in the united  
states for five years now but i  
ve been here for seven i love  
this country and i love being  
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system and chart may seem  
easy and that is fine by me if  
you think that the funny thing is  
in all my years of high jumping i  
routinely beat guys that were  
stronger when training for the  
high jump think about the  
motion of jumping you start  
with long bounding strides a  
powerful  
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jump high jump involves the  
clearance of a horizontal bar  
which has been set at a specific  
height without knocking it over  
it is one of the more glamorous  
track and field competitions  
which features at events  
usually sanctioned by world  
athletics what are the required  
skills in high jump  
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jacks are a type of plyometric  
exercise that can help you jump  
higher by building lower body  
strength they also elevate your  
heart rate while shifting your  
body out of its usual

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web speed endurance  
especially with high jump need  
to be able to perform multiple  
times a meet at a consistent  
high level 80 150 meters 300  
800 meters a session the  
effects of a 6 week plyometric  
training program on agility  
michael g miller 1 jeremy j  
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workout plan 5 10 min dynamic  
warm up 10 20 min high jump  
drills 3 4 short sprints 20 40m  
15 min core workout 20 min  
strength training if you re  
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jump workout plan that can

level up your jumping ability  
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different disciplines on different  
days yes monday tuesday  
thursday and friday are full  
days and on wednesday and  
saturday i only train in the  
morning it s pretty complex  
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program for high school and  
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that will increase your jumping  
height there are three phases  
off season pre season and in  
season and two versions one  
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