



# Jump Higher

## Improve Your Vertical Jump in Four weeks

In 1969 when I was just getting started on my strength coaching career, Dr. Carl Wear, the Department Chairman of Physical Education at the University of Nebraska, told me that he felt measuring the vertical jump was a good indicator of athletic ability. At that time it was almost unheard of to measure an athletes vertical jump. Only a handful of programs were doing any testing at that time. I began to experiment for myself by measuring the vertical jump of a few select athletes. Soon I was testing the entire Nebraska football team and later every athlete that came to Nebraska either in camps or as athletes in one of 23 sports. It didn't take long to realize there was a correlation between an increase in their leg strength, how high they could jump and an improvement in their running speed.

Over the years a six step program was developed to improve jumping ability:

1. **Testing V.J.**
2. **Warm-up**
3. **Plyometric drills**
4. **Strength training**
5. **Practice jumping**
6. **Nutrition**

*"These steps done independently won't produce the same results as compared to someone that incorporates each of them into one program."*

Jump Higher  
Manual - Price  
\$10 and \$3  
shipping  
Model # JH



# 1. Testing

This list features Nebraska Vertical Jump scores and their EPIC Index Points based on bodyweight.

## Women

#	Sport	Weight	VJ	VJ Pts
1	Softball	156.6	31	<b>782</b>
2	Volleyball	176	29	<b>713</b>
3	Volleyball	165.4	27	<b>616</b>
4	Volleyball	196.4	24.5	<b>606</b>
5	Volleyball	162	27.5	<b>606</b>
6	Basketball	187.2	25	<b>602</b>
7	T & F	164.6	26.5	<b>592</b>
8	T & F	111.2	26.5	<b>592</b>
9	Basketball	171.2	25.5	<b>579</b>
10	Volleyball	174	26.5	<b>579</b>
11	Volleyball	178	25	<b>570</b>
12	T & F	128.5	27	<b>570</b>
13	Volleyball	165	26.5	<b>561</b>
14	Volleyball	184.5	25.5	<b>553</b>
15	Volleyball	158	26.5	<b>553</b>
16	Soccer	146	26.5	<b>548</b>
17	T & F	146.5	26.5	<b>548</b>
18	T & F	153.6	26	<b>540</b>
19	T & F	239.4	21.5	<b>536</b>
20	T & F	143.5	26.5	<b>536</b>
21	Volleyball	156	26	<b>532</b>
22	Volleyball	176	25	<b>524</b>
23	T & F	163	25.5	<b>520</b>
24	Softball	151.9	25.5	<b>520</b>
25	T & F	160	25	<b>516</b>
26	Softball	149.8	26	<b>516</b>
27	Volleyball	194	24	<b>508</b>
28	Softball	147.5	25.5	<b>508</b>
29	Basketball	212	21	<b>500</b>
30	T & F	183	23	<b>500</b>

## Men

#	Sport	Weight	VJ	VJ Pts
1	Baseball	189	38	<b>678</b>
2	Baseball	215	37	<b>678</b>
3	T & F	192	37.5	<b>667</b>
4	Basketball	236	36	<b>663</b>
5	T & F	175	37	<b>622</b>
6	T & F	233.2	34.5	<b>609</b>
7	T & F	143	37	<b>599</b>
8	T & F	175	36	<b>590</b>
9	Baseball	221	33.5	<b>571</b>
10	Basketball	243	32.5	<b>553</b>
11	T & F	174.4	34.5	<b>545</b>
12	T & F	159	35	<b>539</b>
13	T & F	176.6	34	<b>536</b>
14	Baseball	198	33	<b>530</b>
15	Basketball	195	33	<b>525</b>
16	Basketball	195	33	<b>525</b>
17	Baseball	175	33.5	<b>516</b>
18	T & F	210	32	<b>513</b>
19	Basketball	210	32	<b>513</b>
20	Basketball	209	32	<b>513</b>
21	Baseball	192	32.5	<b>511</b>
22	T & F	152	34	<b>511</b>
23	Baseball	204	32	<b>508</b>
24	T & F	163	33.5	<b>505</b>
25	Wrestling	161	33.5	<b>505</b>
26	Basketball	186.8	32.5	<b>505</b>
27	T & F	300	29	<b>503</b>
28	Wrestling	226.2	31	<b>503</b>
29	Baseball	171.7	33	<b>503</b>
30	T & F	208	31.5	<b>500</b>

## Football

	Position	Weight	VJ	VJ pts
1	WR	200	39	<b>730</b>
2	DB	217.6	38	<b>722</b>
3	DB	208.8	37.5	<b>688</b>
4	DB	170	39	<b>685</b>
5	DB	169	39	<b>685</b>
6	DE	256.9	36	<b>677</b>
7	DB	214	37	<b>677</b>
8	DB	215.8	36.5	<b>667</b>
9	LB	244	36	<b>667</b>
10	DB	192.3	37.5	<b>667</b>
11	WR	188	37.5	<b>659</b>
12	WR	188.4	37.5	<b>659</b>
13	WR	186.6	37.5	<b>659</b>
14	DB	212	36.5	<b>659</b>
15	DB	172.3	38	<b>656</b>
16	DB	183	37.5	<b>652</b>
17	DB	176	37.5	<b>646</b>
18	QB	215	36	<b>642</b>
19	WR	183	37	<b>635</b>
20	DB	178	37	<b>629</b>
21	DB	187.4	36.5	<b>625</b>
22	DB	196	36	<b>622</b>
23	DB	175	37	<b>622</b>
24	DB	182	36.5	<b>619</b>
25	DB	192	36	<b>615</b>
26	DB	168.3	37	<b>615</b>
27	OL	335	31.5	<b>612</b>
28	TE	237.8	34.5	<b>612</b>
29	WR	179	36.5	<b>612</b>
30	QB	204.9	35.5	<b>612</b>



2. Warm-up



3. Plyometric Drills



4. Strength Training



## 5. Practice Jumping

We recommend testing the vertical jump before and after the four-week program. In the early days the vertical jump testing was done with a yardstick against the wall. This worked pretty well because the yardstick could be positioned above the fingertips and no reach measurement was required. This didn't work so well once athletes started jumping over 36 inches which was more than the length of the yardstick.



**Rick Berns was the first Nebraska athlete to jump over 36"  
Mike Arthur is shown measuring the reach**

Some schools use the Vertec jumping device. The clear plastic vanes were quite an improvement over the yardstick on the wall however, the athletes' reach must be taken prior to the jump then a calculation made to determine the vertical jump. For example if an athlete can reach 92 inches then jumps to a height of 122 inches the calculation reveals the vertical jump was 30". The Vertec is an accepted way to measure vertical jump in most circles but you have to be careful the vanes have not drooped down. The EPIC Jump Station is much quicker without the calculation for reach. It allows for a more exact measurement to  $\frac{1}{4}$ " with aluminum vanes on the (JS) model and to  $\frac{1}{2}$ " on the (JSB) model. In developing the Epic Jump Station a jump mat was tested but found that it measures hang time and was not accurate for measuring vertical jump.

# 6. Nutrition

Epic Athletic Performance is concerned with establishing a lifestyle based on sound nutrition and exercise principles that you can practice the rest of your life. The more muscle you gain usually translates into better performance through more strength, power, and speed. The stronger you get the higher you can jump, and the faster you can run. Adding muscle doesn't happen just from good nutrition or just from an exercise program, you must combine the two. There will always be two processes going on in your body as long as you live. Anabolism is the building up of muscle tissue and storing of muscle glycogen. Catabolism, is the tearing down of muscle tissue and the release of energy by burning muscle glycogen. Together, anabolism and catabolism are called Metabolism. As you exercise there is a tearing down of muscle tissue and depletion of muscle glycogen (catabolism). You must recharge your body with muscle glycogen and rebuild muscle tissue (anabolism) through adequate rest, healthy habits, and proper nutrition. You become better conditioned as your body responds by becoming stronger and increasing its ability to store more energy after each workout. To help athletes meet their energy needs during training and recovery needs after training, the following supplement program was developed in accordance with NCAA regulations concerning feeding practices and banned substances.

Model # JSP

## Jump Start Package

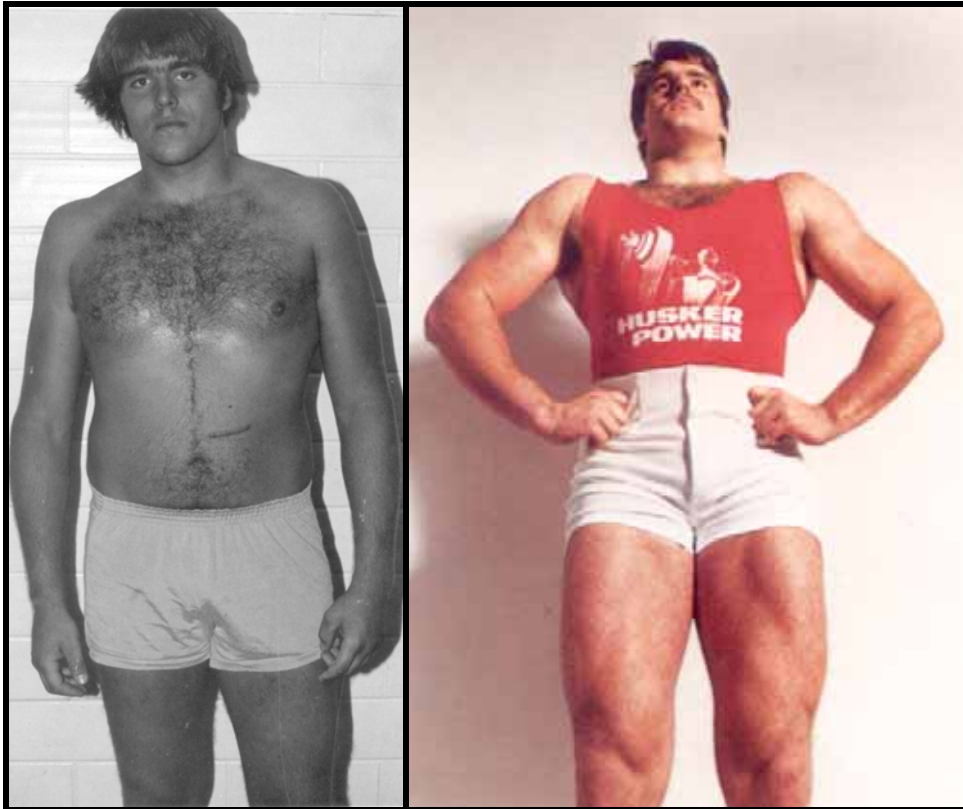
<b>Gator Whey</b>	<b>1 lb Pouch</b>
<b>Recovery Mix</b>	<b>2.5 lb Container</b>
<b>Multi-Vitamin</b>	<b>30 ct Box</b>

Model # GWP

## Gain Weight Package

<b>Gator Whey</b>	<b>1 lb Pouch</b>
<b>Recovery Mix</b>	<b>5 lb Container</b>
<b>Multi-Vitamin</b>	<b>30 ct Box</b>

# Nutrition Packages



Model # AGWP

## Advanced Gain Weight Package

Gator Whey	1 lb Pouch
Recovery Mix	5 lb Container
Multi-Vitamin	30 ct Box
Creatine Edge	20 ct Box

Mark Behning is featured in the new Epic book **Building Linemen** which also includes the nutritional packages.

**Building Linemen Book**  
Price \$19.95 and \$4 shipping  
Model # BL

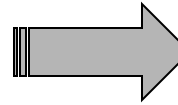
[epicindex.com](http://epicindex.com)

# Vertical Jump Measurement

## Jump Station

Measures to  $\frac{1}{4}$   
With Stand

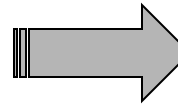
Price \$999  
\$150 shipping  
Model # JS



## Jump Station Basic

Measures to  $\frac{1}{2}$ "  
Attaches to Rim

Price \$699  
\$60 shipping  
Model # JSB



[www.epicindex.com](http://www.epicindex.com)

## Vertical Jump is the number one indicator of talent for power sports

EPIC Talent Identification Index software features tests to identify talent. Coaches can determine the effectiveness of their programs by comparing pre and post test data for individuals or teams.

Vertical Jump

Pro Agility

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Talent Identification Index Software  
Price \$299  
Free Shipping  
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