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phase, jam techniques, or a 'run-into-jump' maneuver.

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VertiMax V8 | Vertimax – Vertimax LLC. Shop.vertimax.com The Vertimax V8 is our leading vertical jump and speed training system designed for multi-point leg and arm loading on-platform with up to 4 band multi-point off-platform speed training out to approximately 30 feet. Trains up to 5 athletes simultaneously (1 on platform and 4 off-platform).

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Plyometric exercises were supplemented through the VertiMax vertical jump and speed training system (VertiMax Inc, Tampa, Florida, USA). VertiMax facilitated particularly eccentric loading of the quadriceps complex and force dissipation during landing mechanics (Rhea et al., 2008a, 2008b; Yuksel et al., 2019). This was particularly pertinent ...

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Outstanding vertical jumping performance enables basketball players to obtain an advantage in terms of avoiding defenders and placing the ball through the basket [2][3][4].

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Has extra complete set of harnesses and straps. Combined with previous research with college athletes, these data show the added effectiveness of resisted jump training on the VertiMax among

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athletes for the development of lower-body power . If this training mode were to offer no additional benefit to high school athletes, coaches can focus on more traditional training modalities with these ...

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