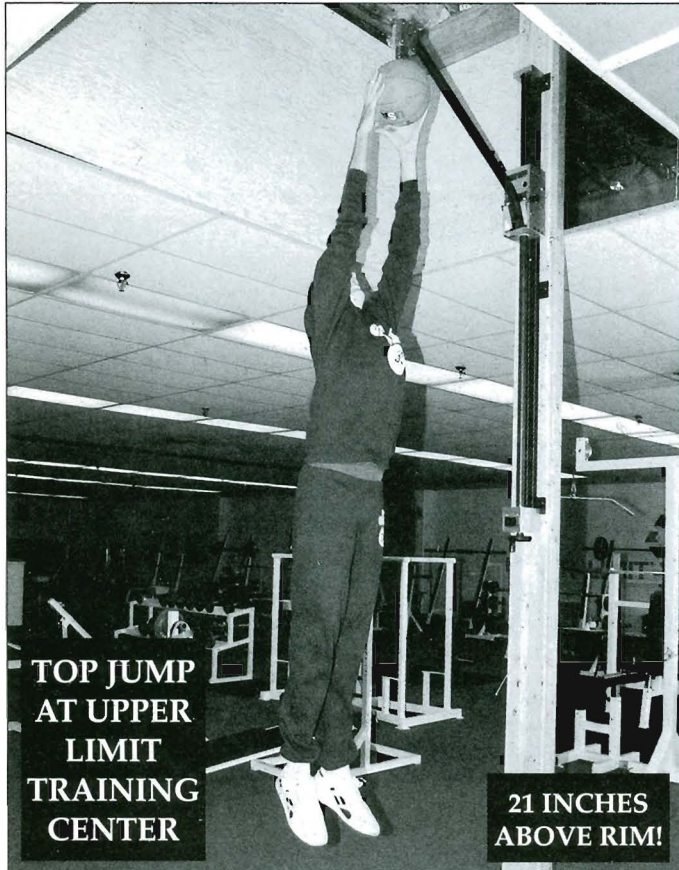


# TOP JUMP!

By Dr. Barry Brown

**Editor's Note:** Once in a rare while something new comes along that really has merit. Top Jump is brand new and actually produces significant improvements in Vertical Jump and Explosive Power. We highly endorse Top Jump for high schools and colleges. It's expensive but if you can swing it, you ought to do it.



Walt Palmer 7-1 Utah Jazz Forward

## TOP JUMP: HOW IT WORKS

A Retractable Ball is secured from a Breakaway Boom. Just set the ball at any desired height from an easy-to-use Digital Readout Mechanism.

At our UPPER LIMIT Training Center, we tell an athlete to get 10 jumps, for example at 9-0feet. He then records that mark. Next week he'll try 9-1feet.

Just rebound the ball! The athlete must jump up with two hands. That's a great plus. It's motivational and it produces results.

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The newest form of training, (at least to the western world) employs a motivational based achievement system of training called TOP JUMP. This program initially required subjects to successfully jump and ring a bell 10 consecutive times to complete a workout session. It was seen that mere strengthening of the jumping muscles is not enough to increase jumping ability, but rather an explosive, task specific movement needed to be employed.

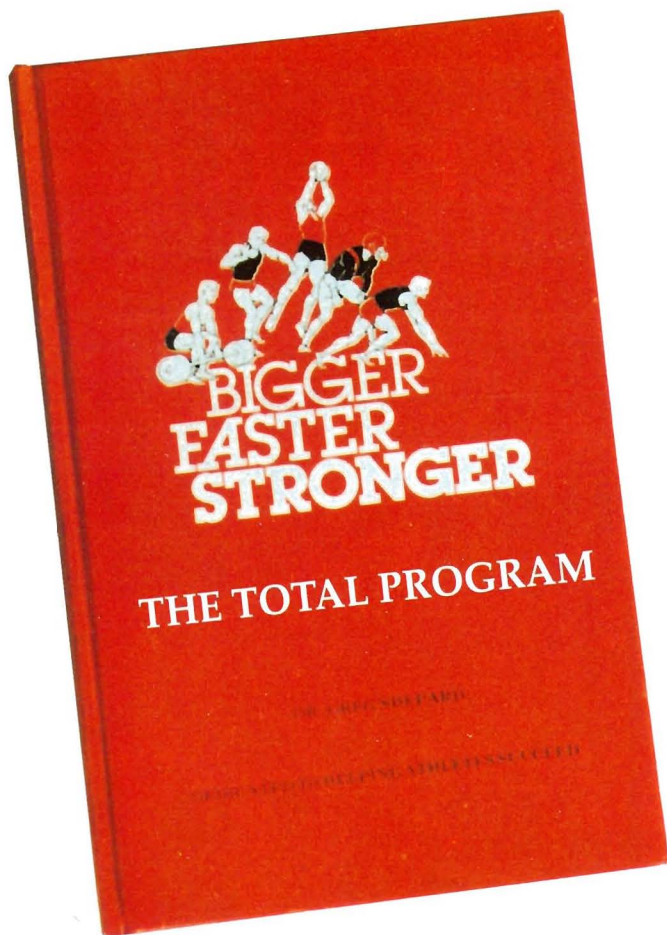
A carefully controlled study using 21 male collegiate football players demonstrated that a combination of strength, power weight training and TOP JUMP ( a group designated SPJ) produced superior increases in explosive power (both vertical jump and 5-hop test) compared to one group using TOP JUMP alone (about one-half the observed increases of the SPJ group) or another group using strength, power and plyometric training (the SPP group). In only 15 sessions, the SPJ group increased more than 2.1" compared to only 1" in the TJ group and no improvement among the SPP athletes. This data was presented at the 1990 National Strength and Conditioning Association research meetings in San Diego, and was submitted for publication in the Journal of Applied Sports Science.

Perhaps, the most important finding of this study was the relationship between the number of jumping attempts of the group using TJ and the improvement in vertical jump. Athletes jumping fewer times (which could only occur if they were successful in their attempts) showed much grater improvements (a correlation of -.99 for you statistical buffs). This implies that repetition is not the key to improvement in vertical jump. Rather, successful repetition is the significant factor. Subsequent research which has just been completed and will be reported in future BFS issues has shown even more dramatic gains in explosive power when combining TOP JUMP with a strength and power program.

In order to maximize increases in vertical jump and explosive power, it appears essential (as evidenced from the existing professional literature) to:

- 1) Provide maximum motivation during training.
- 2) Enable athletes to receive instant feedback.
- 3) Make the training routine "sport specific".
- 4) Eliminate the need for a coach or trainer to provide the motivation (that is, act as a "whipping boy") for the athlete to achieve a maximum performance.

Exactly, how does TOP JUMP work? The next issue of BFS will further discuss the concepts, principles, and data collected in several controlled studies using TOP JUMP and other training modes.



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