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The Filthy Five – Five Things You Thought You Knew About Jumping Higher And Becoming A Better Athlete

By Luke Lowrey

The Filthy Five – Five Things You Thought You Knew About Jumping Higher And Becoming A

With many vertical leap programs available to choose from, we asked vertical leap expert and owner of TheVerticalProject.com

, Luke Lowrey, to clear the air for us. Lowrey's claim to fame is that he has

So, here they are, from the horse's mouth:

Myth 1) All you require is our workout plan

Myth 2) That you need to be born with 'good genetics'

Myth 3) That lifting weights will increase your vertical leap

Myth 4) That 3 sets of 12 works for everyone

Myth 5) You have to jump to improve your jump!

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Luke Lowrey is an author, performance adviser, trainer and former pro basketballer in his homeland of

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Base Jumping: A Truly Extreme Sport

By Gray Rollins

Gray Rollins is a featured writer for

<http://www.rednutsports.com/>

– a site about extreme sports. To

learn more about base jumping, visit

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