

**Brand-New! An Exclusive *Flying In Four* Report From Best-Selling Author and Performance Coach Alex Maroko:**

**How To Jump Higher TODAY!**



**Hey there!**

**Alex Maroko here of the best-selling programs *Flying In Four* and *The Truth About Quickness*...**

**In this special report below, you're going to discover exactly how to increase your vertical jump...no "magic pills", no "super secret exercises", none of that baloney...just an EXACT formula for you to increase your vertical jump, PLUS:**

- **A proven 8-week vertical jump program for you to follow to drastically increase your vertical explosion (totally free from Coach Alex)**
- **The Ninja 5-Step Formula you can ALWAYS use to bump up your vertical (especially if you ever hit one of those annoying and inevitable training plateaus..why "Ninja"? Because it kicks ass.)**
- **The Number ONE strategy that 95% of all "scam artists and copycats" out there conveniently forget to tell you when selling their vertical jump "secret programs"**

**Also, a heads-up for you, *Flying In Four*, the proven and "done for you" vertical jump system from me and Kelly Baggett is going to be *re-released* to you Monday June 28 at a *sizzling 50% OFF* the normal everyday price, *along with brand-new and free***

***bonuses!***

**I guess you should stay tuned for more on that, but for now, closely read this report below because I know you're going to get a TON out of it!**

**Enjoy and I'll talk to you soon.**

**Your Coach,**

**Alex**

# **Ordinary People Everywhere Are Exploding Their Vertical Jumps Right NOW! Here's How They're Doing It**

**Jumping is darn cool, right?**

**Let's think about it, when you jump high:**

- \* you're explosive as all heck**
- \* you make everyone else jealous of your anti-gravity capabilities**
- \* you dominate your sport (and the dominating part actually feels easier too...strange phenomenon)**

**And in some cases, girls will even start begging you for your phone number (in which case, you won't give it to them because, well, you're obviously too cool).**

**Lay some truth on me here: what athlete doesn't want to sky towards the rim?**

**Who doesn't want the hang time of LeBron or Nate Robinson?**

And what coach wouldn't want to have a team full of gravity-manipulating freaks.

And as my good friend and mentor Kelly Baggett said in his ground-breaking book [\*The Vertical Jump Development Bible\*](#), if you want to sky, you have got yourself three options:

1. Buy yourself a plane ticket
2. Sprout some feathers
3. Improve your vertical jump

If you don't dig flying, you can forget about number one there.

And if you think feathers might not be good for your overall image and attractiveness, you *might* be right in ignoring number two.

That would mean you got yourself one option: **IMPROVE YOUR VERTICAL JUMP.**

Now it's possible you've heard someone at sometime whine, "But isn't vertical jump just a genetic thing? It can't be improved, at least not significantly!"

To which I calmly reply, "Erroneous. Wrong. Shenanigans (and other cool-sounding synonyms for incorrect)."

**YOU CAN DO THIS. YOU CAN IMPROVE YOUR VERTICAL JUMP. BIG-TIME.**

**Want proof?**

**Your fearless author has added more than 10 inches to his vertical jump in the last couple years (that would be ME, for the cheap seats out there).**

**Furthermore, I have never had a client who wanted to up their vertical jump and didn't end up doing exactly that.**

### **Want Even More Proof?**

**Remember that guy Kelly Baggett I talked about at the beginning of this article?**

**He put over 20 inches on his vertical jump over the course of several years (23 inches to be exact).**

**So now that we've established that your vertical jump can obviously be improved, we get to move on to the good stuff, which of course includes the whole point of this report, how to jump higher and all that good stuff.**

**On top of talking about how to jump higher, we are also going to look at:**

- **Individual differences that might force different athletes to use DIFFERENT to jump higher**
- **why there is more than ONE way to improve your vertical jump**

- the **MOST COMMON** mistakes people make when trying to improve their vertical jump
- and tons, tons more information all about how to jump higher!

## **Now That You Know You Can Jump A Lot Higher, Let's Dig In Here!**

Let's talk about what might be the most important thing when it comes to jumping higher: **Strength**.

I know a lot of people might be surprised by that, or were expecting me to say plyometrics or some other, lesser training tool, but nope, the big-boy in the "jumping higher" game is **STRENGTH**.

So what is strength?

*It's how strong you are.*

LOL.

But there are two different types of strength that I do want to go over really quickly:

- **Absolute Strength**- This is the total amount of force (strength) you can voluntarily apply, irrespective of time
- **Relative Strength**- This is your strength to body weight ratio.

**A guy who can deadlift 500 lbs. at a body weight of 200 lbs. is relatively stronger than a guy who can deadlift 600 lbs. at a bodyweight of 300 lbs, since 600 lbs. is 2X more than his 300 lb. bodyweight, while 500 lbs. is 2.5X more than the other guy's 200 lb. bodyweight.**

**Got it? Cool.**

**Now when we're talking about strength and it's importance to jumping higher, we're focusing on relative strength.**

**The vertical jump, whether it's a standing vertical jump, running 2-legged jumped, 1-legged jump, etc., is all about being able to heave your body into the air.**

**And our body is that resistance that we have to overcome. See why relative strength is so important?**

**Imagine this: Which resistance is easier for you to overcome and project into the air as high as possible: A 10 lb. medicine ball or a softball?**

**The softball, right? Why do you think that is?**

**It's because you are relatively stronger with the softball, compared to the medicine ball.**

**And think about how much higher you would be able to throw that softball if it felt like it weighed even less (which would mean you got even more**

*relatively* stronger!).

Now if you were to continue to get stronger (lower body specifically) without gaining any more body weight, you would undoubtedly see some gains in your vertical jump.

Unfortunately, getting stronger without gaining weight, especially when that weight gain is muscular, is a tricky thing in itself.

### **Here's the deal**

There's no question neurological factors can allow you to gain some strength without increasing the size of your muscle fibers, but really substantial strength gains are almost always accompanied by bigger muscles (I can't believe we are talking about the problem of getting bigger muscles! Some struggling skinny guys out there are probably really not happy with us).

But, don't fret just yet. Weight gain in the form of bigger muscles is actually OK.

Sure, if you gained 100 lbs. on your deadlift without gaining an ounce of bodyweight, you're relative strength would be better than if you did the same thing while gaining 10 lbs. of muscle.

But one of those options is realistic, and the other just isn't happening any time soon (it's the gaining 10 lbs. of pure muscle that's damn near

impossible, BTW).

Kelly Baggett says that for every pound of bodyweight you gain, you need to gain at least 3 lbs. of strength. I, too, have found this ratio to be solid, and a good rule of thumb.

### **1 LB. Of Bodyweight → 3 LBS. Of Strength**

If you're staying within those limits as you get stronger, your jumping will continue to improve at a super solid rate. Roger that.

So far, we've covered the introduction and background of jumping, along with emphasizing relative strength, while also dispelling some myths often associated with vertical jumping.

Now, it's time to move on to the next part in getting up like a sugar-high kid on a trampoline, which is something we are going to call "strength expression".

Strength expression is actually pretty self-explanatory; it's how you express your strength, or to be even more specific, especially for your sport, it's how *rapidly* or *quickly* you can express your strength.

We've all seen a lot of guys who seemed strong, but couldn't jump high or run fast. They had the pre-requisite "horsepower" or strength, but they couldn't "express" it.

## **Why?**

**The answer to that is of course, they can express it but, they couldn't do it fast enough to jump really darn high.**

**And that's where strength expression and your sport come into play.**

**Think about it like this: When you're doing a running two-legged vertical jump, you do your run-up to the basket, gathering yourself, do your 1-2 plant or a little hop-step and then explode into the air, right?**

**Ahh, hold on, I'm getting all excited writing about this right now, because I am about to blow your mind! Hah.**

**Ok, back to the example.**

**So, you do your run up, your plant and explode.**

**But, when you do your plant right before the jump, you are on the ground for a very short amount of time. It's something like .15-.30 seconds for most people.**

**And that is your time window to *express* all the strength you have.**

**You only have that very small amount of time to develop, apply and absorb force (strength) into the ground. And it's that manipulation of force that is going to play a huge role in how high you are getting up.**

**It might seem a little complicated, but it totally ain't.**

**Simply, when you jump, it's time-sensitive. You have to use the strength you have as fast as you can, because of that time-sensitivity.**

**And going back to the really strong guys we've all been around been around who couldn't jump, that's the reason they weren't getting up like they should be.**

**They couldn't express their strength fast enough in the little amount of time available to do so in a jump.**

**And that's why other guys who might not be super-strong can still jump like "whoa".**

**They are freaking awesome at expressing their strength rapidly. And, together, that's why jumping can be so individual and people of all body types and shapes can jump, or not jump.**

**So at this point, you are about 99% ahead of the rest of the world when it comes to being a vertical jump expert.**

**Wi-five! Now, let's keep this going...**

## **The Secret Jumping Machine**

**The next piece to crushing the vertical jump and the one that is gonna really separate us from everyone else when it comes sky-high**

**explosiveness is...our tendons.**

**What is a tendon, Coach Alex?**

**Tendons are a type of connective tissue that connect muscle to bone. They are made of a little protein called collagen, but more importantly, they are sort of freaking awesome...**

**“Alex, why are tendons freaking awesome?”...**

**What a swell question...I thought you'd never ask.**

**Here's what's up: Tendons are totally reactive.**

**They have no contractile properties, which means they can't flex or initiate action or movement. But, they can absorb forces and react to them. And that's how they can make you jump higher.**

**When a basketball player is jumping, for example, they go down first, to come up, right?**

**For instance, when the basketball player does a standing vertical jump, they bend down first, rapidly, and then explode up, right?**

**Did you ever think why they do that?**

**Let's look at a major tendon in jumping, the Achilles tendon, (connects your calf to your heel) to make this clearer.**

**When you bend down in the standing vertical jump, your ankles dorsiflex (your shin moves closer to the top of your foot) and your Achilles tendon is stretched.**

**As the ankle dorsiflexes, energy is being absorbed and stored in your Achilles tendon.**

**Then, as you rapidly switch from down to up, your ankle starts to extend. (shin moves further away from the top of your foot).**

**And as you begin to extend, that stored energy in your Achilles is released and explodes and totally makes this giant contribution to your jumping higher (damn cool, right?).**

**This should all happen reflexively, meaning we don't actively control it or think about it.**

**Recalling our talk about strength, the contribution from your strength, along with the reflexive contribution from the tendons, is going to play a huge role in how high we're going to jump. But there's more...**

**Some people have better tendons than others, depending on certain genetic factors.**

**Have you ever watched an athlete jump and noticed that they are better jumping off of one foot, instead of two?**

**Or have you ever seen an athlete who seemed weak or scrawny, but they could still fly?**

**The reason for both of those questions is their tendons.**

**The first guy was better off of one foot instead of two, because in the running one-foot jump, he spends less time on the ground than in a two-legged jump.**

**And because there is less time spent on the ground, the muscles have less time to contribute and the tendons can contribute more.**

**The second guy was still getting up because although he may not have had the requisite strength levels, he had awesome tendons that were absorbing, stabilizing and reflexively contracting very powerfully, allowing him to really sky and fly.**

**While a lot of it is genetic, there are things we can do to get more and more out of our tendons.**

**We want to make them stiffer, we want to make them more reflexive and we want to lower the inhibitory response of our muscle-tendon complex, which are all things you can do to a certain degree.**

**For better stiffness, focus on low-level plyometric drills, like a lot of the ones I cover in *The Truth About Quickness* (and also give away for free in the now pretty-famous “*Quickness Chronicles*”).**

For better reflexiveness, focus on the next thing I'm covering: practicing your jumping.

As you become a "better" jumper, your reflexiveness will also get better.

And to lower the inhibitory response from our nervous system, *timely* use of heavy weight training and shock-level plyometrics, like drop and depth jumps can come in real handy.

If you can do those things, you'll not only notice a killer difference in your "reactivity", but also in your sprinting, cutting and basically all other "fast" athletic movements.

Got it? Coolness.

## **Shocking Revelation Coming Here...**

When I was younger, I could jump as high as a Ke\$ha could put out good music...

Weird analogy translated, *I couldn't jump.*

I also didn't know a quarter of the stuff I do now.

My knowledge at that time was limited to what the people around me told me, people who probably had no clue what they were talking about (but I believed them for some strange reason I've yet to ascertain).

Anyways, I eventually started to get some good info from some good sources.

Although I didn't fully understand it all (actually, I understood very little of it), I knew some things for sure...or I thought I did.

The new sources I had found were telling me that to jump higher, you had to get stronger. Period.

If you got stronger, you would be jumping higher.

So I took that to heart.

I squatted. I deadlifted. I lunged. And I got stronger. But, I wasn't jumping higher...

So at this point I'm like, "What the heck?"

THEY say get stronger to jump higher...the SCIENCE says get stronger to jump higher...I got stronger...and I'm not jumping higher.

(and here is the point in the story where I tell you what was going on....**SUSPENSE...HUGE, OBVIOUS REVELATION COMING...**)

So why is it that I wasn't jumping higher even though my strength had increased drastically?

A cool little geeky word called "intermuscular coordination", which is nerd-

speaking for “skill”.

## **Intermuscular Coordination = Skill**

So...the reason I wasn't jumping higher was because of skill?

...let's quickly delve into this one...

*Jumping is a skill.*

Like anything else, the more you practice it, the better you get at it.

if you want to get faster, you would run sprints.

If you want to get stronger, you would lift weights.

If you wanted to become wittier, you'd hang out with me more often.

And if you wanted to jump higher, you would need some form of jump training. Makes sense, right?

So, although I was getting stronger, I was only increasing my **POTENTIAL** for jumping higher.

That's why I wasn't jumping any higher.

If I had been getting stronger and simultaneously working on my jumping (and in turn becoming more **SKILLED** at it), I would have been well on my way to quickly increasing my vertical jump.

**And that's what today's lesson in how to jump higher is all about; that jumping higher is a skill that requires some practice.**

**It's why you probably have some friends or teammates who never lift weights, but might practice their jumping all the time and see improvements in the vertical jump.**

**But here are 2 things you gotta keep in mind:**

**1. When you do work on your jumping, it needs to be of the highest quality (read that one again...*super important*).**

**If you're practicing your jumping by doing 10 jumps every 26 seconds, you're gonna get tired.**

**When you're tired, your coordination suffers...and then you're not getting any better at it.**

***Rule to keep in mind:* When you're working on your jumping skills, allow enough rest time between reps to make sure you're fresh and ready for each jump.**

**2. If all you did was practice jumping, you'd see some improvements, but only up to a certain point, a point you would reach rather quickly.**

**Why?**

**Well, you can only get so good at some things.**

**Once you hit that point where you're jumping skills are the dopeness and your vertical jump has peaked yet again, you're going to need to find other ways to keep upping it (whether it's through increasing your strength even more or maybe some even more advanced maneuvers like shock or contrast training)...once you upped it enough, you could go back to focusing on getting better at jumping again.**

**That could be a successful cycle you could follow for a long time that would keep your gains coming consistently.**

**So, those are your two main "things to remember when you're trying to jump higher".**

### **How can apply this to your own training?**

**Easy, just throw the "practice jumps" in before your workouts when you're fresh.**

**Do 10-20 good, clean, high-quality jumps a couple times a week, keeping rest in between the 30-60 second range between jumps and you're bank. Straight bank.**

### **So now what do you do?**

**As you probably know, there is a proven and completely breakthrough vertical jump program that was recently released from Kelly Baggett and myself called Flying In Four (it's called that because the person using any**

of the 4-week programs in there normally gain 4 inches on their vertical jump in that 28-day period).

They normally see such awesome gains because when Kelly designed the special vertical jump programs in Flying In Four, he uses a few different, seriously-advanced training principles he had never really used before and they seem to make a BIG difference!

**So am I pitching you on Flying In Four right now?**

Nope...well, not yet :-)

We've gotten this far together covering all of the different things we need to know to really blast up our vertical jumps and there's one more thing we need to take care of: A sample jumping program for you (in case you don't think you're necessarily ready for the advanced methods in Flying In Four).

Implement this program here below if you want to quickly skyrocket your vertical jump in the next 8 weeks.

**Weeks 1-3 (training for vertical jump 2 days a week – ideal amount)**

**Day 1:**

**A. Pogo Jumps 3 x 15**

**B. Box Jumps 5 x 4**

**C. Back Squat 5 x 5 (ramping weight for the first 2 sets, then use the same weight for the last 3 sets)**

**D1. Glute-Ham Raise or Leg Curls 4 x 8**

**D2. Weighted Crunches 2 x 15**

## **Day 2:**

**A. On/Off Low Barrier Jumps 3 x 10 seconds**

**B. Running 2-Legged Vertical Jumps 5 x 3**

**C1. Dumbbell Bulgarian Split-Squat 3 x 6 (each leg)**

**C2. Glute-Ham Raise or Leg Curl 3 x 12**

**D1. Weighted Planks 2 x 30 seconds**

**D2. Bodyweight Glute Bridges 2 x 50**

## **Week 4**

### **Day 1:**

**A. Pogo Jumps 2 x 10**

**B. Box Jumps 2 x 3**

**C. Back Squat 3 x 3 @80% of what you were using for sets of 5 in the previous week**

**D. Optional Stretching for hips and quadriceps**

## **Day 2:**

**A. On/Off Low Barrier Jumps 2 x 8 seconds**

**B. Running 2-Legged Vertical Jumps 3 x 2**

**C. Glute-Ham Raise or Leg Curl 2 x 6 (fairly light weight)**

**D. Plank 2 x 30 seconds**

## **Weeks 5-7 (training for vertical jump 2 days a week)**

### **Day 1:**

**A. 1-Legged Lateral line Jumps 3 x 10 seconds**

**B. Running 1-Legged (or 2-legged) Vertical Jumps x N or 25 jumps**  
(“n” stands for drop-off, as in if you notice your jump height starting to decrease here, STOP the jumps immediately and move onto the Back Squats. If you don’t notice a drop-off, cut the set at 25 total jumps)

**C. Back Squat 6/4/2 (during the first week, work up to a 6 rep maximum. During the second week, work up to a 4 rep max. And during the final week, work up to a 3 rep max).**

**D. Glute-Ham Raise 4 x 5-6**

## **Day 2:**

**A. 1-Legged Mid Barrier On/Off Jumps 3 x 8 (each leg)**

**B. Running 1-Legged (or 2-Legged) Vertical Jumps x 10 Jumps**

**C. Depth Jumps (from 12-24 inch box) 6-8 x 3**

**D. Dumbbell Lunges 3 x 6 (each leg)**

**E. Bodyweight Bulgarian Split-Squat Isometric Hold x 60 seconds  
(on each leg)**

## **Week 8**

### **Day 1:**

**A. 1-Legged Lateral line Jumps 2 x 8 seconds**

**B. Running 1-Legged (or 2-legged) Vertical Jumps x 5 Jumps**

**C. Back Squat 3 x 2 @ 75 % of your 1-rep maximum**

## **Day 2:**

- A. 1-Legged Mid Barrier On/Off Jumps 2 x 6 (each leg)**
  
- B. Running (or Standing) Vertical Jumps (go all out here, you're gonna be feeling really fresh and good, so just go out and see how much higher you're jumping now. Don't do more than maybe 25 jumps or so).**

**After those 8 weeks, take the next week to go out and test out how much higher you're jumping whenever you feel like it.**

**You might take a few days off, then go out to the basketball court or somewhere, get loose and then get to jumping and find your vertical jumps is up 5 inches, which would be really cool, right?**

**Then, because you had so much fun the day before, you decide to go out again the next day and test out your vert again and this time, it's up 6 inches!**

**Don't be surprised or confused if something like that does happen, because it happens a lot with people who improve their vertical jumps in very short periods of time.**

## **Now What?**

**If you enjoyed this special report and you know that you got a lot out of it,**

then just think about what's going to happen when you get insider's access to mine and Kelly Baggett's brand-new vertical jump program, *Flying In Four*...your results are going to be DAMN near out of this world, right?

## **GREAT NEWS!**

On Monday, June 28, *Flying In Four* is being *re-released* at a "make you rub your eyes in amazement" 50% OFF the everyday price for 3 straight days!

And if that's not enough to get you salivating at least a little, then this should...

During those 3 days, Kelly and I are going to be adding 5 BRAND-NEW free bonuses to the normal *Flying In Four* package!

So that's:

1. At least 4 inches on your vertical jump in just 4 weeks (might be more...it really depends on you)
2. 50% OFF the normal, everyday price for you (YES, the friggin' price is being cut in HALF)
3. FIVE brand spanking new FREE vertical jump bonuses for you
4. THREE days of EXCITEMENT!

In the meantime though, before the big *Flying In Four*, re-release, I'm going

to continue to send you **MORE** groundbreaking vertical jump information that I've been working on just for you, so stay tuned for that in the next couple days.

Other than that, I really just want to take this time to say "Thank you!" for being such a cool subscriber of mine...the last year has been a truly wild ride, as we've added more than 23,678 athletes and coaches from all around the globe to our Game Speed Insider community!

On top of that, I've gotten the opportunity to hang out with and get to know some of the most brilliant and remarkable trainers and nutritionists from all around the world, so I want to take this time to say "thank you" to those guys right now, if you don't mind.

**Special Thanks to:**

**Kelly Baggett, My Training Mentor, Vertical Jump Genius.** "Without you, my training knowledge would be nowhere near what it is. Thanks."

**Craig Ballantyne, My Other Mentor, Men's Health Magazine expert and Creator of the Turbulence Training Empire.** "Your short emails, consistency and success never fail to amaze me. Neither does your ability to "seem" normal, even though you're Canadian."

**Jacob Hiller, Creator of The Jump Manual.** "You've been a great Internet friend over the last year. I've loved working with you and look forward to our continued success together in the future dude."

**Todd Herman – Olympic Sports Psychologist. “ One of the baddest dudes I know, you f’ing rock man. I’ve already learned a ton for you, and the wisdom and help you offer is always appreciated and applied.”**

**Dan Ondiege – Owner of VerticalJumpZone.com. “Your support has always been so awesome man, I love how our mission for athletes worldwide has always been the same. Thanks.”**

**Joel Marion – Best-Selling Author and Nutritionist. “Your no-BS approach to everything is unreal. Thanks.”**

**John Romaniello – New York Fat-Loss Expert. “Your knowledge about everything and sense of humor is second to only mine. Much love dude.”**

**Jim “Smitty” Smith – Creator of the Diesel Crew and Men’s Fitness Magazine Expert. “Always love talking with you man about training and business, you’re a content-maniac! Lol..your support from the beginning has been unreal for me.”**

**Vince Delmonte – Worldwide Muscle-Building Expert. “From the very first time I met you and you handed me your card with the shirtless pic of you, I knew I could look to you for help and not once have you ever not come through.”**

**Elliott Hulse – Professional Strongman and Strength Coach. “Your influence on my views and beliefs has been present from Day One. When you told me you thought I could do what I dreamt of, I believed you (even if**

I didn't believe myself). You totally kick ass."



Here's me (at the head of the table) out to dinner in San Diego with a bunch of GREAT friends, a lot of who are on this list here. That's Vince at the front left, Joel 3 people down (the big dude in the white shirt), Ryan to the right of me and AJ in front of Ryan. That's also Mike Geary next to AJ, owner of TruthAboutAbs.com and Dr. Karim Samhouri, Creator of the Double Edged Fat Loss Program."

**Mike Mahon – Basketball Training Expert. “From Day One when you named me “BK” (sorry, inside joke everyone!), you’ve always been there to chat and shoot the s with. Keep working dude, you’re about to crush it.”**

**Virgil Aponte – Vertical Jump Expert and former WNBA Strength Coach. “One of the nicest dudes I have ever met, I obviously had no problem doing that interview for you TWICE :-)”**

**AJ Roberts – Professional Powerlifter and Search Engine Expert. “Hanging with you in all these different cities has been killer. I dig telling everyone you meet you’re the 3<sup>rd</sup> strongest person in the world, so don’t go getting stronger...I pronounce “3<sup>rd</sup>” better than “2<sup>nd</sup>” or “1<sup>st</sup>”.”**

**Taylor Allan – Basketball Training Expert. “Another Canadian...have I gone soft? Heh...you’ve got one hell of a future in front of you bud. Keep learning, keep working, I’ll see you here at the top REAL soon :-)”**



**Here’s me training in New Jersey with a bunch of cool dudes/trainers. That’s a young me on the far left. Smitty is right next to me, the tall dude in the back is Joe Hashey, that’s Ryan in the wifebeater and that giant ball of sunshine giving the thumbs up is AJ.**

**You – My Friend, Subscriber and/or Fan. “Your support, love and just being so damn cool all the time makes me more than happy to put out stuff iike this for you all the time. Here’s to your success.”**

## Closing This Up

I really hoped you liked this report and I hope you have a great day.

I'll be back to you soon with more expert vertical jump information before the big re-release of *Flying In Four*. Talk to you soon.

Your Coach,

A handwritten signature in black ink that reads "Alex Maroko". The signature is written in a cursive, flowing style.

**The Bio:** A former college basketball player, Alex Maroko is the author and creator of several of the top-selling sports training products in the world (sold in more than 41 countries worldwide), including *The Truth About Quickness Insider's System*, *Flying In Four* and *The Effective Ball-Handling Program*.

He's been a featured guest-author in several different publications, from magazines to websites, and has been a featured speaker on radio broadcasts, streamed globally. He's highly-regarded everywhere for his expertise and creativity in making ALL athletes run faster, jump higher and increase their agility and quickness.



**In his free time, Alex likes to cruise around on his longboard, relax on his hammock and flirt with brown-haired girls who practice yoga and don't have jealous tendencies.**

**You can check out any of his websites here:**

**<http://www.GameSpeedInsider.com>**

**<http://www.JumpHigherin4Weeks.com>**

**<http://www.TruthAboutQuickness.com>**

**<Http://www.EffectiveBallHandling.com>**