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internationally
acclaimed training
program used by the
pros, including
Michael Jordan and
Kobe Bryant—now

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completely revised

Tim Grover - Best-selling author and Keynote Speaker
I just picked up Tim Grover's "Jump Attack" in attempt to fulfill a goal of dunking a basketball. It's a 12 week program broken up into 3 phases. He lays out

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a pretty strict
workout schedule
and warns against
over-training and to
stick to the schedule
exactly.

Strength Training
While Training
Vertical w/ Jump
Attack ...

Tim S. Grover is the
preeminent
authority on the

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science and art of achieving physical and mental dominance. Since 1989, he has been the CEO of Attack Athletics, travelling the world training, consulting, and speaking about the principles of athletic excellence, relentless drive, and mental toughness to

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athletes, coaches,
and business
leaders.

Attack Athletics'
NEW JUMP ATTACK
workout

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content. Submit.
Close search. Home
... Jump Attack -

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price \$39.95 Order. T-

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newsletters, new

products, exclusive

online deals,

training advice,

special events, and

...

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About Tim Grover -
ATTACK Athletics
CEO and Best-
Selling ...

Tim S. Grover is the
CEO of ATTACK
Athletics, Inc.,
founded in 1989.
World-renowned for
his legendary work
with elite champions
including Michael
Jordan, Kobe

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Bryant, Dwyane
Wade, and hundreds
other NFL, MLB,
NBA, and Olympic
athletes, he is the
preeminent
authority on the
science and art of
mental and physical
dominance and
achieving
excellence.

Jump Attack by Tim
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S. Grover .

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...

? Tim S. Grover,
Jump Attack: The
Formula for
Explosive Athletic
Performance,
Jumping Higher,
and Training Like
the Pros. 7 likes.
Like "People who
preach inner drive
are dreamers with a

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lot of ideas and a lot
of talk, and zero
production."

Book Review: Jump
Attack by Tim
Grover | Dre Baldwin
Is An ...
Trainer for Michael
Jordan, Kobe,
Dwade and more....
Tim Grover's New
Jump Attack Week 1
Day 1 ????????????

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????????????

????????????? ...

Jump Attack: The
Formula for
Explosive Athletic ...
Jump Attack is a
12-week program
that goes in three
stages (3 weeks of
training followed by
a "rest" week) to
train your body to
explode and react

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athletically in all planes (lateral, forward/backward, reaction time, agility, quickness, speed, etc), not just in vertical jump (which is a measure that Grover abhors, and he discusses why in detail in the book).

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Review : Basketball
- reddit

In this update of his self-published book, Grover presents the regimen Jordan used to increase his vertical jump from 38 to 48 inches.

Leaping ability is not the goal, writes Grover. Rather, it's about improving explosiveness. That

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quality can be applied throughout athletics, whether it's coming off the line of scrimmage or stealing a base.

Tim Grover Attack
Athletics –
TimGrover.com
Tim S. Grover is the
CEO of ATTACK
Athletics, Inc.,
founded in 1989.

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World-renowned for his legendary work with elite champions and Hall of Famers, including Michael Jordan, Kobe Bryant, Dwyane Wade, and hundreds other NFL, MLB, NBA, and Olympic athletes, he is the preeminent authority on the science and art of

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physical and mental
dominance and
achieving
excellence.

Jump Attack | Book
by Tim S. Grover |
Official Publisher ...
Tim Grover is the
former trainer of
arguably the GOAT
(Greatest Of All
Time), Michael
Jordan. This book

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prepares readers to recognize his influence and then try and utilize his unique training techniques. There are a LOT of people trying to increase people's vertical jump. However, Grover's goal is quite different.

Tim S. Grover

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Quotes (Author of
Relentless)

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the books
Relentless and
Jump Attack. ... For
professional
athletes, talent isn't
enough to achieve

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greatness. ... From
Good to Great to
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Tim Grover book:
Relentless, Jump
Attack - Sports
Illustrated
In Jump Attack,
Grover describes
the training program
he used with
Jordan, Wade and

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other clients. The program is designed to test one's entire body and is broken down into phases, weeks and days.

Jump Attack -
Limited
Autographed Edition
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Mr. Grover certainly
has a good resume
in regards to the

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athletes he has worked with. If you have any experience running this program then feel free to comment or give us your thoughts! The book can be found here.

"Jump Attack"
Grover, Tim S.
(2014-06-03).

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Apple Books

In Jump Attack, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as

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well as cutting-edge information on training, nutrition, longevity, injury prevention, and more.

Relentless Attack:
How Tim Grover
Became One of the
NBA's ...
From MJ to Kobe to
DWade and
countless other

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superstars, Tim's revolutionary training methods have made the best even better, and now he's sharing the formula he uses to train the pros. This legendary 12-week program has been completely updated with all-new exercises and workouts, designed

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to test your capacity
to go h

Jump Attack: The
Formula for
Explosive Athletic ...
Tim Grover is one of
the top basketball
training minds in the
game today. His
methods and the
ATTACK program
are key ingredients
to success on any

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level. He is the best
in the world.

Jump Attack: The
Formula for
Explosive Athletic ...
Jump Attack by Tim
S. Grover -
Legendary trainer
Tim Grover's
internationally
acclaimed training
program used by the
pros, including

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Attack

Michael Jordan and
Kobe...

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