



Flying In Four Athlete Adds 5 Inches To His Vertical Jump In 28 Days And Captures It All On Video!

Dear Friend,

This is the story of Mike [last name censored].

Mike lives in New Jersey, is in college and has been training for the vertical jump for a few years now.

Like lots of us, Mike tried a ton of stuff and saw very little results. Then he tried *Flying In Four*.

Within 28 days, he increased his vertical 5 inches, all the way up to 35 inches and was now tearing apart the rim with power he had never experienced before (wait 'til you see his videos!).

Before Flying In Four, nothing he had ever tried had really worked for his vertical jump.

He also had experienced a lot of knee problems before it too.

What you're about to read is the transcription from an email conversation I had with Mike over last weekend, on Sunday, June 20, 2010.

We had never really spoken before this was done.

Alex: Hey Mike, looks like things went pretty well in your first 4 weeks on *Flying In Four*, eh?

Mike: Yeah, the 4 weeks definitely went well and I think these results explain it better than I could:

Before Flying In Four

My Standing Reach: About 7 ft 11 inches

Standing Vertical Jump = 24.5 inches

Running Vertical Jump = 30 inches

After Flying In Four

Standing Vertical Jump = 29 inches (+4.5 Inches)

Running Vertical = 35 inches (**+5 Inches**)

Alex: That's absolutely amazing man. What do you think was the difference between this and what you had been doing before?

Mike: A lot. The high frequency training, the "functional" exercises, like the seated/standing hip flexor, ab exercises, etc.

No other program that I've done included simple but important exercises like that to get the body firing correctly.

Alex: What made you decide to go ahead and get/use Flying In Four when it first came out?

Mike: Ah, well when I saw a new program by Kelly Baggett and you was coming out, I was really excited.

..after I got the program..it was a complete no-brainer. I also really liked how it was only 28 days, so it's really easy to just put all of your energy/focus into it because when programs are months long, motivation and stuff like that can start to waver a lot.

Alex: What new things did you learn about training for the vertical jump from the different programs in Flying In Four?

Mike: That it's important to train the correct movement patterns and get the right muscles firing at the right times.

If incorporated correctly, high frequency training can lead to big results.

It's important to get those glutes working and getting them strong to get a good functioning body.

Low level or "easier plyometrics" can be very useful in helping with ankle/tendon stiffness, I used to think they were pretty wasteful, but they are also good to use as a progression.

And depth jumps and drops are extremely powerful and should only be used for short periods of time when you have the appropriate strength levels.

Alex: That's killer man, couldn't have said it better myself. What were your vertical jump results like before FIF?

Mike: Pretty crappy I would say, at least for what my goals are and expectations.

My standing vert probably started in the low 20's, maybe high teens.

Then I started weightlifting and putting on weight with someone who actually knew something, since he had trained at DeFranco's. I was at 6 ft 139 lbs in my freshman year of college and I started training with him sometime in March, I think.

It was and by the time school ended my vert got up to the point where I could grab rim off a couple steps pretty easily and my bodyweight was up to 156.

I had tried to get stronger/etc before, lifting but didn't know what I was doing or even realize I had to put on weight to get stronger, or even know it was possible to get bigger, I thought that was just how my body was.

Anyway, so I got to there, which was big. I tried to continue it, but I was having a lot knee issues, which I have been having since I was a lot younger.

Basically, I would start training and wouldn't be able to make much gains or I

would have knee issues.

When I came back that summer after freshman year, I also tried doing a lot of plyos along with the lifting and I got achilles tendonitis and that took about a year to heal to the point where it didn't actually bother me anymore, so that really slowed things down.

Since then, I did some other vert training, gained some inches, but nothing incredible, and very slowly. **Not till I got to FIF did I gain vert so fast, but I also learned a lot by the time I got to doing FIF.**

Alex: Why do you think you were able to complete *Flying In Four* so successfully and not even see any knee issues or anything like that?

Mike: Well I spent like the previous 6 months or something with knee issues and I was trying to take care of it and I decided that I wouldn't do any program till I got rid of the knee pain.

Once I got rid of it I was ready to start something more serious and so I did FIF, but that was the reason I didn't start FIF immediately after I got it, otherwise I would have done it like a month earlier.

Alex: Tell me about when you first realized how much higher you were jumping, what was it like? What was going on in your mind?

Mike: It was strange because for about the first 2 and a half weeks or so, I didn't notice any change in my jumping height.

I would go to do some jumps and wouldn't try that hard, but I was touching the same height that I usually got, so I thought maybe I gained an inch.

A few days later I went to do an actual rim to see how high I was jumping and (all of the sudden) I was jumping like 4 inches higher! It was pretty crazy.

I was able to grab rim decently easy when before I was just missing touching it on the standing vert.

I was just like, **"Damn, I'm jumping higher, this is awesome."**

Alex: That's awesome man, crazy and awesome. What do you think drives you

to keep jumping higher and keep working so hard?

Mike: I have goals that I want to reach athletically and vert wise, I guess.

The main thing though is that I want to be athletically superior to everybody.

Like when I step on a bball court, I want to know I jump the highest, run the fastest, etc.

I don't mean it in a cocky way but that is what makes it fun for me.

Also, striving to dunk and catch alley-oops and stuff like that motivates me.

I also know that if I am athletically superior all it takes is some practice playing the sport and I can be awesome at all no matter what sport it is, and even if I have never played the sport I'll be at least good at it just because of my athleticism.

Alex: No doubt about it -- when you're that athletic, you can actually be GREAT at any sport you play. Tell me, what would you say to someone right now thinking of getting *Flying In Four*?

Mike: It's a **great program written by a genius in the field**, that only requires you to give your hard work and motivation for 28 days and you will see fast and good results.

It's made very simple with the layout, as it contains just the workouts, exercise descriptions, videos, some info about stretching, testing, and FAQ and that's pretty much it.

It's very to the point.

Alex: So you truly believe that if anyone uses this program and just works hard at it, they'll see results?

Mike: I believe that they will if they're working hard, trying to increase the weight or form on each exercise and eating right.. **they definitely will.**

Alex: Cool, thanks man for all of this and, ya know, using *Flying In Four*. Your results are just awesome.

Mike: Yeah, no problem man.

Flying In Four WORKS.

It worked for Mike, it's worked for hundreds of athletes worldwide...everyone who uses it *right* gets their RESULTS.

Flying In Four re-launches Monday June 28 at 50% OFF (that's HALF of the normal everyday price) for 3 days straight.

For those 3 days, it also comes with *5* Brand-New Vertical Jump Gifts for you too.

Lots of people are really excited about this BIG event. More than 3,178 people have already read this case study and there are about 200 new people every hour reading it too.

This Re-Release Will Be HUGE For You

If you're interested in *Flying In Four* and you want to know more, do this:

Read the controversial 32-page "How To Jump Higher" Report here:
<http://gamespeedinsider.com/HowToJumpHigherExclusiveReport.pdf>

Then watch the video "The 4-Step Formula To Jumping Higher" here:
<http://www.gamespeedinsider.com/how-to-jump-higher>

Check Out Mike's Videos Too!

Mike did a really cool job in tracking his vertical jump transformation using *Flying In Four* using video, which you can see right here on this webpage:

<http://www.jumphigherin4weeks.com/miketransformation.html>

Talk soon,

Alex Maroko