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In today's post, Dr. Natalia **Verkhoshansky** gives us a preview of one of her presentations at The 2013 Seminar "Drop **Jump** vs. Depth **Jump**." In sport training ...

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Dr. **verkhoshansky**, I was wondering why you use the calf raises exercise in your programs that you suggested in the forum to improve **jumping**. Most american ...

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Originally posted at adarq.org Due to the unfortunate passing of Professor Yuri **Verkhoshansky**, ... Relationship Between Squat & **Vertical Jump**

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