**Ploymetric Exercises for Vertical Jump**

Plyometric exercises have been proven to increase vertical jump and explosive power. Try out the exercises to help improve your vertical. There are plenty of videos and workouts that you can watch to help you with this. Here are a couple of recommendations:

[Lower Body Exercises](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#lower-body-exercises) (calf raises, leg press, jump rope)

        - [Squat Jumps](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#squat-jump)

        - [Jumping Lunges](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#jumping-lounges)

* Tuck Jumps

        - [Box Jumps](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#box-jumps)

        - [Depth Jumps](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#depth-jumps)

        - [Hip Twist Jump](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#hip-twist-jumps)

[Upper Body Exercises](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#upper-body-exercises) (core exercises, sit-ups, crunches)

        - [Medicine Ball Slam](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#medicine-ball-slam)

        -[Medicine Ball Chest Pass](https://flexafit.com/blog/plyometric-exercises-for-vertical-jump#medicine-ball-chest-pass)



