

## Elite Vertical Jump Training Taylor Allan

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### Elite Vertical Jump Training Taylor Allan

Elite Vertical Jump Training Taylor Allan Jump Elite is run by Adam Taylor, a professional show jumper who has a wealth of experience with a range of horses both in the UK and in Europe. 'Since a young age I have had a inner motivation to produce and perform on quality horses.

### Elite Vertical Jump Training Taylor Allan

The Vert Code-Elite is designed for athletes with weight room experience. You will need access to a general weight room, resistance bands and a pool (optional but not required). This is an advanced program and is ideal for athletes with several years of resistance training/plyometrics experience.

### The Vert Code Elite - PJF Performance

At Elite, we apply jumping in a wide variety of ways. We use unilateral & bilateral jump training as well as randomized, weighted, and overspeed executions.

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