

## **Jump Attack Tim Grover Workout**

**Jump Attack Tim Grover Workout** *\*FREE\** *jump attack tim grover workout* Strength Training While Training Vertical w/ Jump Attack? (self.Fitness) submitted 1 year ago by sixfiveoh. 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 a pretty strict workout schedule and warns against over-training and to stick to ...

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