

# How To Dunk Basketball In 97 Days

So you've always dreamt of soaring through the air like Michael Jordan or LeBron James, effortlessly dunking a basketball. Dunking is not only a spectacular move but also a skill that can elevate your game and impress your friends. While it may seem like an impossible feat, with the right training, dedication, and perseverance, you too can achieve your dunking ambitions in just 97 days. In this article, we will guide you through a comprehensive and effective training program that will help you dunk basketballs like a pro.

## Setting SMART Goals

Before embarking on this journey, it is essential to set specific, measurable, achievable, relevant, and time-bound (SMART) goals. Determine the height of the basketball hoop you aspire to dunk on. This will motivate you throughout the process and provide a clear target to work towards.

## Developing Leg Strength

The key to dunking is explosive leg power. You need to strengthen your leg muscles to generate the force required for takeoff. A combination of weightlifting exercises such as squats, lunges, and calf raises, along with plyometric training, will help you build the necessary leg strength and explosiveness.



## How To Dunk A Basketball in 97 Days

by Alex Harty(Kindle Edition)



5 out of 5

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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## Improving Jumping Technique

While strength is crucial, technique is equally important. Maximizing your vertical jump requires proper form and execution. Start by learning how to perform a proper takeoff, focusing on using your arms to generate upward momentum. Practice jumping exercises like depth jumps, box jumps, and hurdle hops to improve your jumping technique.

## Enhancing Core Stability

A strong core is essential for maintaining balance and stability during takeoff and landing. Incorporate exercises targeting your abdominal, back, and hip muscles into your training routine. Planks, Russian twists, and leg raises are great examples of exercises that will help you develop a strong core.

## Increasing Flexibility

Flexibility plays a significant role in achieving maximum jumping potential and preventing injuries. Incorporate a dynamic warm-up and stretching routine into your training sessions to improve flexibility. Focus on stretching your hip flexors, hamstrings, calves, and ankles to ensure full range of motion.

## **Practicing Jumping and Dunking Progressions**

Now that you've built a solid foundation of strength, technique, and stability, it's time to put it all together. Start with basic jump repetitions, gradually increasing the intensity and height of your jumps. Once you feel comfortable, move on to practicing dunking progressions, starting with assisted dunks utilizing resistance bands or a teammate's assistance. As your confidence and jumping ability grow, progress to unassisted dunks and eventually, dunking in game situations.

## **Maintaining Consistency and Patience**

Remember, Rome wasn't built in a day, and neither were dunkers. Consistency is key to success. Follow your training program diligently and have the patience to endure setbacks and plateaus. It may take longer than expected to dunk, but with persistent effort, you will get there.

## **Tracking Progress**

To stay motivated and monitor your progress, keep a training journal. Record your jump heights, training sessions, and any additional exercises or stretches you perform. By reviewing your achievements regularly, you will be able to identify areas of improvement and stay focused on your goal.

Dunking a basketball is an impressive feat that requires dedication, hard work, and a systematic approach to training. By following the steps outlined in this article and maintaining a positive mindset, you are on your way to dunking like a pro in just 97 days. So, get ready to take to the skies and leave your opponents in awe as you slam down thunderous dunks.

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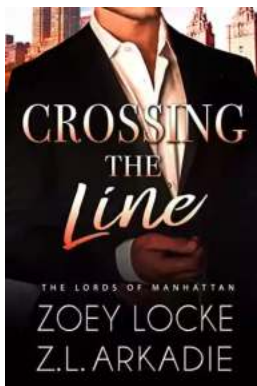


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Do you want to learn how to dunk a basketball from someone who taught himself how to do it using 2 simple exercises? Well, if you are in reasonably good shape (no obese), I can teach you how to dunk a basketball in 97 days. Show your friends how to dunk a basketball using 2 very easy to do exercises. My method to dunk basketballs has been used by many of my friends and now I will share it with you.



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