

Success Stories With Alex Maroko..

Alex Maroko
Best-Selling Author And Expert Speed Coach

On behalf of Alex and
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Feel free to share this book with anyone you think might be able to benefit from it, or enjoy some motivation from it as well.

Just make sure to at least give Coach Alex a little credit, k? :-)

I really don't know where the idea of this book started...

Best I can remember, I was laying around one night in my living room.

It had been a long day, a day I had spent mostly writing athlete client programs and I just wanted to chill out, watch some TV and get to bed.

So there I was, sprawled out on my couch flipping through the stations, and I stopped for some reason on VH1.

They were showing an episode of "Behind The Music" on Lil Wayne, and I could not stop watching..

Don't get me wrong, the show was entertaining and all, but what really hooked me in was how inspiring it was for me to hear Weezy's story of how it all started for him, how he struggled and to see how much the dude was crushing it now.

It Reminded Me Of This

I thought about how when I was a young, up-and-coming athlete, I used to read the same book over and over to inspire me.

That book was called Long Shot: Steve Nash's Journey To The NBA (sidebar: that book is like 14 years old now, if you find it somewhere online, you, my friend, are a Google Genius!).

I used to read parts of it every single day...my favorite part was the stories of how he used to train and workout at all hours of the day, all days of the week.

He would practice so much his coaches would get mad at him and tell him to "get a life!".

I Loved It..Then I Remembered Something I Totally Forgot About

I also used to read tons of stories of athletes just like me from across the world for inspiration, except I had to go out and find those stories..

I'd dig in on the latest issues of Sports Illustrated and Sports Illustrated for kids, I'd delve into online forums and see who was doing well, I'd find old articles anywhere I could find, I'd even watch the local high school sports show to see what other people out there were doing...ALL of it motivated me like you watching your favorite player dominating a game on TV!

I was constantly in a state of unmatched motivation...their stories kept me focused when nothing else could (especially if I ever found myself questioning my goals or dreams..I'd just go and read about someone who had already done what I'd wanted to do and, voila!, I knew I could do it too).

It Was My Secret That Kept Me Ahead Of The Pack

How far ahead of the pack?

Well, I'll let you decide in just a second actually..

But what I did realize sitting there watching that Lil Wayne "Behind The Music" was that we, in our entire sports training community had nothing like that..

Now, this is one giant community that I'm so honored to be so accepted and well received in.

A community that has seen a lot of my good friends rise to the top with me..

Guys like Jacob Hiller, Kelly Baggett, Todd Herman and Elliott Hulse.

Even guys who had been around for a while who I talk to and brainstorm with on a regular basis, like Jason Ferruggia, Smitty from Diesel Crew and Zach Even-Esh.

A small group of really cool coaches who help hundreds upon hundreds of thousands of athletes and trainers across the globe with their speed, vertical jump, quickness, strength, agility and nutrition every single day.



That's me (left) deadlifting about a year ago, rocking my Critical Bench T-shirt, which my buddy Mike Westerdal, owner of the world-famous CriticalBench.Com, sent me for writing some articles for him.

Here's me (at the head of the table) out to dinner in San Diego with a bunch of GREAT trainers and friends. That's Vince Delmonte at the front left, Joel Marion 3 people down (the big dude in the white shirt), Ryan Magin to the right of me and AJ Roberts in front of Ryan. That's also Mike Geary next to AJ, owner of TruthAboutAbs.com and Dr. Karim Samhouri, Creator of the Double Edged Fat Loss Program.



Pretty Darn Cool

But we didn't have anything that could inspire all of us...

Something that we could go to and read whenever we wanted a quick, game-changing jolt of inspiration and motivation!

Something that take all those hundreds of thousands of us and bring us all a little bit closer together.

Look, You're Ahead of The Other 99%

Just for the known fact that you listen to me and all those other great guys I mentioned before, you're way ahead of all those other athletes and coaches out there that don't...you take your training and your goals *seriously* and you really can't be stopped.

And that's truly awesome.

And this book is just more PROOF of that.

This Is How It's Set-Up..

I emailed each and every one of my own email subscribers not too long ago and asked them for any bit of success story..

Anything they had accomplished, I wanted to hear about.

I got a lot of responses back. Some really long, some impressively short and some that weren't more than a sentence or two.

Above all of that though, they ALL had one thing in common: They were ALL from unbelievably dedicated, motivated athletes who WORKED their butts off (and continue to work their butts off).

For EVERY person below, you can LEARN something from them.

I didn't wanna edit their replies or anything like that, so I just copied and pasted and made everything look pretty below.

And then after each story, I took some time to write my comments about that person's story.

Sometimes I wrote a lot, sometimes I wrote just "Hell yeah!"...I guess it just depended on my mood at the time, LOL.

So, Here's How To Use This

There's no one set way as to how you can use this book..

You can read it all at once.

You can read a new entry from someone else before each workout.

I like the idea of reading a little bit now, reading a little bit later and going back to it whenever you want a BOOST of MOTIVATION to keep you going, just like that Steve Nash book and those other athletes stories I used to gobble up.

I hope you get a ton of out of this book, I made it just for you.

If you have any training or personal questions for me, I can be reached at GameSpeedInsider@Gmail.com. If it takes a while to get back, I apologize, but I just get so much mail everyday, it takes some time to go through each and every one of them!

I always do my best to reply to each and everybody that contacts me though.

I wish you all the best of luck with all of your training goals and dreams.

Never give up.

Your Coach,



Alex Maroko

From Alex Maroko. June 10, 2010

I'll start off with my story here, let's call it The King of Quickness Story.

The King Of Quickness Story

It all started back when I was just a high school chump, who had recently set a really ambitious, really crazy goal for myself: Play college basketball.

Why was it crazy?

Well, at the time I was 5-7, 140 lbs and slower than a 1992 Apple Macintosh.

I was much better suited for, say, competitive mind-reading (I'm talking really competitive here), than the hard-knocks of college basketball.

But while I am borderline genius, I'm still borderline, and so the race to the promised land of college basketball was on.

I knew what my strengths were (ball-handling, shooting, decision-making) and I knew EXACTLY what my weaknesses were...

...I was WAY TOO slow.

Think of a car with four busted-up wheels and no engine, on empty.

Then, latch a semi-truck, carrying sand, on top of it. And THAT should give you a good idea of how slow I was.

So, at least I knew what I had to work on, right?

But, I wasn't totally sure where to start, so I got myself a mentor (big financial investment on my part that paid off BIG-TIME for me).

You may have heard of him...

...he's world-famous, a best-selling author and affectionately known as "The Mad Scientist" (but I call him Kelly Baggett).

Through him, I had a sense of understanding and the direction I needed to go into to achieve my goal. He also helped me figure out where to start to initiate my learning process.

So, I spent the next few years of my life studying books, manuals, textbooks, articles and even online forums, soaking up and using everything I was learning.

I very quickly become something of an expert, as I was training athletes at the same time and they were seeing some awesome results.

The Years Spent Learning And Mastering Paid Off

As for me, things were going well. My speed was increasing, as was my explosiveness and agility, but I was still missing something...I wasn't sure what it was though.

So, I kept up with all of my studies, burying my head in the books and spending even more time in the trenches, searching and digging for my magic-bullet.

Then, I Made A Discovery

One day, I sort of came to this realization about my training and what I was missing. The solution I had stumbled upon made sense in theory, but I kept it to myself, wanting to see if actually panned out in real life first.

So, I spent the next 3 weeks using it on myself, anxiously awaiting to see what would come of it.

And The Results FLOORED ME

It was incredible, and I wish you could have been there to witness it...my transformation.

I went from amazingly slow and weak, to improving a little bit over the course of a couple years, to becoming the FASTEST and QUICKEST basketball player in my area.

In 3 weeks time!

Using the new training system I had half-discovered, half-stumbled upon.

People were shocked. I was ecstatic.

Coaches wanted to know what I was doing and opponents accused me of cheating (one dude even, in all seriousness, accused me of wearing rockets in my shoes!).

The Nickname Debacle

And that's where my nickname came to life... The King of Quickness.

I've always been a little "show-off" and wasn't against attention, so I actually liked it at first (what's funny now is as I've matured (well, "matured" to an extent) I don't even like the nickname, but that type of stuff is hard to drop!).

After that, I kept up with my system, testing and tweaking it constantly, as it grew even more powerful every single day. And now, it stands today as the top speed and quickness training system in the world (and I couldn't be more proud).

And, to make a long story short, I ended up garnering tons notoriety for my basketball prowess, played Division II college basketball and made one of the most incredible Game-Speed Transformations ever.

Why Game-Speed?

Well, most of the training talk you know of and hear about doesn't transfer over to real games. It transfers over to tests and "combine" type stuff, like 40-yard dashes and vertical jump tests. Who cares about that stuff when you are still slow as a two-legged turtle in games?

Being blazing fast and lightning quick in games is totally where it counts, and that's exactly what my system has done for thousands of athletes across the globe (although it certainly helps for the combine-type stuff too).

It's What Ya Need!

Fine, here's some "normal" info about yours truly.

My name's Alex Maroko. I make athletes all across the world faster, quicker and more agile with my products and websites.

I'm also pretty darn good-looking, a Certified Personal Trainer and a best-selling author.

I am the co-creator of The Truth About Quickness Insider's System, the world's top speed and quickness training system used by thousands of proud athletes worldwide.

My first love was basketball and I specialized in basketball training up until a few years ago.

But Now..

Nowadays, I work with athletes from several different sports, as I've grown to specialize my training specifically for all those different sports.

But mainly, I specialize in making basketball, football, soccer, baseball, hockey and tennis athletes faster and quicker than they ever thought possible and I have so much fun doing it!

Making you faster and quicker than you ever thought possible is one of the coolest thing I've ever experienced and I thank you for allowing me the opportunity to help you out...it's been one hell of a wild ride.

That's my story...enjoy the rest of these entries below.

Your Coach,

Alex

From Jumaul Cumberbatch. June 9, 2010.

Hey Alex,

I just want to let you know that I am only 15 years of age so I don't really have a success stor, however I will try and explain one of the things that happened to me that I feel was pretty successful.

First of all, I started playing basketball about 3 years ago, but when I had started off to train, as you know, there will be haters and there will be lovers, except on my scale, there were mostly haters.

But unlike other kids, I didn't have a coach. People said, "You're too young to play this sport, it is a big mans sport."

People said that I should, "...stop playing ball because I won't ever be able to play," and all sorts of other mean things. Even some of my friends tried to discourage me, but I didn't let them stop me.

So I made a motto for myself and that motto is "NEVER SURRENDER", so I began to work much harder and work towards my goals.

My goals are:

1. To become the best basketball player that I can be
2. To get drafted to the NBA
3. To be known for my skill
4. To help out younger kids coming up to become a better baller because il know what it is like to learn how to play ball with out a coach
5. Become one of the most well known players and dunkers in the NBA

So as a young kid at the age of 13, I had no handles, I didn't even have a vertical jump so I said to myself, "Will I let other people talk me out of going after my dream? Hell no."

So I checked up on the internet for ball handling drills and vertical jump stuff, even how to shoot. I found some videos that helped and I trained hard.

Almost everyday, I went down to the ball court just to try and make myself better.

Now that little kid that was being doubted by almost everyone, the same little kid that had no handles, shooting or vertical jump is now being called "Kidd Dynamite" or sometimes "The Kidd With A Heart Of A Lion".

I came from nothing into something, I came from being disrespected to being respected by everyone that doubted me...and did I mention I can almost dunk now!,

I have great handles too, but I still have room for improvement...I'll never stop!



-Jumaul Cumberbatch

From Dan Higashi, Missisagua, Ontario. June 8, 2010.

Hi Alex,

I've ice skated since I was 4 and played organized hockey ever since I was 8 and no matter what league I played in was always one of the fastest skating players.

Two years ago after 30 years of recreational tennis playing, I decide to quit hockey and put my full attention towards becoming top 3 in Canada for Tennis when I become eligible for the over 65 age group next year, so that I can compete internationally for my country.

The weakest part of my game is my serve. Being only 5 foot 3 inches tall, I don't have much vertical leverage to put into my serve..

After using your exercises, I now have explosive vertical drive with my left leg to drive up and out to hit my serves as if I was much taller than I am and without having to overcompensate with my right shoulder, arm & wrist.

-I'm going to reach my goals because I'm a practitioner of Stephen R. Covey's "7 Habits of Highly Effective People"

1. Be proactive
2. Begin with the end in mind
3. Put first things first
4. Think win-win
5. Understand first, then be understood
6. Synergize
7. "Re-sharpen the saw" (improve the habits)

I'm not stubborn but I am positive until proven wrong I'm open minded enough to see the errors of my ways so I won't get to the point of "beating my head against the wall"

I've won most valuable player awards 5 times in my hockey career, not because I was the most skilled but because my contributions to the team were the most valuable; contributions that exploited my mental & emotional intelligence as they applied to winning ways.

I'm currently in my mid 60's and my dedication to improvement over the last 2 years (10 to 15 hours a week, I'm not retired) has been an inspiration to other aging Baby Boomers that there's always room for significant improvement and to the younger generations that focused dedication can reap enormous benefits regardless of age.

In less than 2 years I've become ranked in the province of Ontario, as high as 10th in the over 55 age group and 5th in the over 60's I have every expectation at

this rate to become top 3 in the province next year in the over 65's and nationally ranked top 3 in Canada in 5 years in the over 70's.

Success breeds success, so I've always sought out best of breed to learn from; especially those who are courageous enough to think outside of the box because they are the only ones who can provide a competitive edge or teach how to be exemplary.

People that come to mind are Brian Tracey, motivational speaker; Roger Neilson, NHL hockey coach; Mark Papas, tennis coach; and of course Alex Maroko, quickness coach.

-Dan

Zach Thompson, June 9, 2010. Chapmanville, WV.

My name is Zach Thompson and I live in Chapmanville.

It is a small city in Logan county.

I want to dunk a basketball and try to play college basketball. My friends thought I was crazy when I told them I was going to dunk but after I bought The Jump Manual and trained for about 10 months, I finally touched the rim!

I trained another month and now I can grab the rim. It is awesome.

I bought your Effective Ball Handling Program and it really helped out on my dribbling.

I am not going to let anyone stop me from dunking and playing ball. I never thought I would be great at it but once I got some of these programs, I feel like I can play Division 1 ball.

Thanks!

-Zach

From William Anderson, June 8, 2010. Wyoming.

The only thing that I ever had was size, I was always taller than my counterparts but my advantages stopped there.

I was a slow clumsy clodhopper. I ran on my heels almost like a cartoon.

In elementary school there was a hierarchy of the kids who could run, throw, catch or shoot. I wasn't in that group.

Then I decided that I wasn't going to submit, I wasn't going to stop.

So I asked my parents for weights for my birthday and they got them for me.

At first it was just a 10 lbs. dumbbell. I would shuffle while holding the weight, sprint on my toes backwards and forwards to try and build my calf, quad, and hammy muscles.

I would grab a football and run out to my backyard and throw as hard as I could at small targets to gain power and accuracy. This worked for a while because I was so useless that anything would improve me but my un-organized workouts could only get me so far, so I asked my dad and a local athletic trainer to give me a few pointers.

Pretty soon, I could keep up with anybody in a sprint or pro-agility drill, I could throw anything just as far and with MORE accurate than anybody and my unorganized drills that I developed myself made me versatile and not lab-quick, but GAME quick.

I could throw accurately on the run like no other. But I wanted more. I wanted to outrun everybody, juke everybody, and overthrow everybody! At this time I was a 6th grader. And football was life...that's all I played.

But then I became interested in baseball and basketball.

I had a knack for shooting a basketball and cannon arm for pitching.

But I couldn't dribble well and I couldn't field or hit.

Ya know, I had excellent hand-eye coordination but no mechanics or muscle memory.

So I did my un-organized drill conjuring and just dribbled a basketball non-stop, and swinging a bat at blowing leaves or wiffle balls that I had tossed up in the air.

My dad was the reason that I gained fielding ability he got a local baseball

guru and sportwriter named Rob(no last names) to teach me the fundamentals.

After that all I needed was to master them. He bought me a pitchback for me to throw at, but right when I was getting the hang of it I hit the bar and bent I (Alex's note: LOL...sorry, I thought that was funny).

Up until 8th grade all I ever did was work on shooting and dribbling, pitching and play quarterback.

But then I became unsatisfied yet again!

I wanted to dunk and I wanted to be a premier point guard. I ravenously searched the net for the tasty morsel that would satiate my appetite for athletic dominance.

I found Vertcoach.com, Alex Maroko, and Latif Thomas about a month ago and they've steered me in the right direction towards athletic dominance.

In 5 weeks I've gained 6 inches of vertical, become considerably quicker and a better dribbler!

I went from a clumsy chubby kid who couldn't stand on his toes for longer than 15 seconds, couldn't run much faster than a turtle, and was about as coordinated as play-dough to a good pitcher, good point guard, and a great QB.

I came a long ways, but now I have two more things to do:

Become a triple-crown-triple-threat (Football - Scrambler, thrower, playmind. Baseball - Pitcher, Fielder, Hitter. Basketball – Shooter, Dribbler, Passer.) and prove to the world that nobody can tell you "You can't do it!".

Whatever you think is holding you back... Spit in it face and run over it for the dunk!

Whether it be genetics or physical shortcomings, it can be overcome with the support from loved ones, and the unrelenting tenacity of the athletes spirit!



-William Anderson

Trevor, St. Clair, PA. June 8, 2010.

Well my junior season I fractured and dislocated my ankle playing football and it was one of the hardest things I've ever had to go through...

I remember watching as my team won game after game coming closer and closer to a state title in football.

And as I think back on it I remind myself everyday about what I am working for which is a scholarship and another state title for football.

So whenever I feel down about like how I'm doing or my team is doing the feeling of being able to step on that field in December and being able to run and hold up that trophy just always makes me want to push myself harder to be stronger, better, and smarter to achieve my dream of playing in a state championship game.

-I try my heart out

- I'm the first guy in the weight room and the last one out.

- Even when I was injured and couldn't walk from dislocating and breaking my ankle, I was back in that weight room getting ready to lift a week after serious surgery, preparing myself for the next football season.

- I'm just glad that I work my ass off.

-Trevor

Miguel Nunez, Hunstville, Alabama. June 10, 2010

Hey Alex, I am Miguel Nunez.

I was born in Dominican Republic on September 20, 1991. My first sport was basketball until I was 7 years old when my father told me I should play baseball because I was gonna be too short anyway.

In the end I ended up loving baseball like you could ever love a wife, and my father was right, I'm 5'8" 160 lbs.

I've always had to prove myself because of my height and size and still have to keep doing it, but I've had recent successes.

I use to run 7.2 in the 60 yard and now I'm doing 6.8 to 7.0 and I'm hitting the baseball with more power even though my game is speed!

The most amazing thing about my success is that I just began to switch hit in December 2009, and I'm hitting like if I've been a left handed hitter my whole life. I've been doing unilateral training to help me with muscle balance and switch hitting, which can ultimately improve my strength and speed...I've read tons of info on weight training for speed and strength.

I go to Alabama A&M University, majoring in Exercise Science and have a scholarship on the baseball team. I will be the starting second basemen in the 2011 spring but I can play the outfield just as good.

Now my goal is to get drafted in 2013, but first I have to run at least a 6.6 or less and get stronger to hit the ball harder. All of this will be done by working hard but mainly SMART!!!!

-Miguel Nunez

William Nguyen, June 9, 2010.

My improvement is mainly in basketball. I've improved my handles and my speed.

I can now run past every opponent that stands in my way!

It's like they are moving in slow motion or just standing there, lol. I versed my friends which was 1 versus 3 and I won. It was amazing to see that the tip Alex gave me (the one you use before playing basketball) actually worked! I was shocked. Thanks man!

-William

Naseeb Mirza, June 8, 2010.

Hey Alex, it's Naseeb.

This summer I'm gonna be getting the vertical jump program you've designed and to tell you the truth, you've opened doors that couldn't have been open before for me.

And I really do respect that, not only the vertical program but you as well, you've worked as hard as I can imagine, researching and creating these programs for others so they may achieve the athletic prestige that you have worked for.

I can't wait to follow in your shoes!

I can play ball pretty nice, nice shot, great dribbling and if I get the hops, all my respect is in your thoughts.

Once more, thank you very much.

-Naseeb

Nkhil Prakash, June 4, 2010.

I was a chubby 7th grader two years ago playing house baseball on the bench, with bad defense, really slow, no power and a 50 mph fastball.

This year, after training for a year and a half, I am now in the ninth grade, fit, almost 6 feet tall, and playing the highest level of baseball at my age, AAA.

I am now a solid third base man (starting), a little above average speed, (still need to work on that), decent power and a fastball in the low 70's. I'm my teams closer now too. Thanks for everything..

-Nikhil

Dennis Berry, June 10, 2010.

Don't know if this is what you wanted, but here's my story.

I have always been a chubby kid, husky, fat ass, whatever.

At my chunkiest, I was 280 in the 10th grade at 15, at 5'11. And given that ALL of my family members are the same, I could have just accepted that I wasn't meant to be a high flyer, converse to most of my other basketball friends who were all born with 40 inch verticals it seems.

Well, one day I decided I wasn't going to just allow myself to accept that and that's when I first got into jump training, and more specifically plyos.

Within a few years, I turned myself from a 25 inch vertical to being able to dunk from a vert (still 5'11 and PURE vert too, not pivot/drop step). So with belief, ANYTHING is possible.

There it is. Ironically, since then I have ballooned back up some and am not really dunking but that's something I am trying to get back under control and get back to my peak level athleticism before my birthday (October).

Look forward to hearing from you,

Dennis

PS – Here's a pic of me crossing up Hot Sauce.



Zachary Moorman, June 7, 2010.

Hey Alex.

I've been doing several workout drills to increase my quickness for the past few weeks. The 20-yard dash has really helped to improve my quickness.

I began to notice results in just a few days..

I'm now quicker than ever and that's good since I play goal on my soccer team!

I'm a great soccer player no matter where I am on the field but now I'm amazing in goal because I'm so quick. I only get scored on 1-2 times a game now down from 2-5.

Quickness=greatness.

Thanks!

-Zachary

Paul Amos, Portland, Oregon. June 6, 2010.

(Note from Alex: First is Paul's original note, then some questions I followed up with for him)

Alex,

I'll be using your techniques to help my son. He's currently 9 and already has a year of football under his belt.

The next season is approaching, baseball is over and he's ready for speed training. Yes, the programs start early these days and they are competitive!

I was one of those fortunate people who wasn't a bad sprinter in my day - 4.56 40 in high school, with no training. As a matter of fact, plyometrics wasn't even a word when I was trying to get faster.

So as my son grows, we'll be using your system for quite awhile - yes, I'm going to start him slowly - no weights for awhile, but body weight exercises - yes! He is pretty fast for his age, but like me has no form or formal training - that's about to change.

So while I do keep myself in shape and feel I'm still pretty fast, I have no reason to train for speed, but will be doing your workouts with my son. If you're ever in Oregon, give me a call - I owe you a beer (or coffee, if you don't drink beer) for all your research and information!

Thanks Bud!

Paul Amos

Alex: Can you give us some background on you and your son Paul?

Paul: I'm Paul Amos of Portland, Oregon.

My training background consists of training for Football (from Pop Warner to College), Skiing and Track.

While I was having a great time playing College Football, I was also having too much of a good time in college (ask later).

I decided to get away for awhile (soul searching) and joined the Army's 82nd Airborne and travel the world.

Depending on the type of unit a person is in, my military training was more difficult, stressful, but exciting and fun, than it was for any football year I endured - it's all about endurance; mentally and physically. This is also where I learned to

lift serious weights in a hole-in-the-wall gym with the owner being a former Mr. Virginia.

I gained 30 pounds in the military, was faster than I had ever been, and could run for 20 miles!

I have purchased the Truth about Quickness program, not for me, but to assist my son with his future athletic sports.

Truth - kids start all kinds of sports early in life these days!

Currently he is 9 and already has a season of football under his belt.

While he did start at Linebacker & Fullback last year, he could have been tailback, except that his feet grew 2-1/2 shoe sizes in 1-1/2 months and just wasn't as fast when football started as he was the previous year (looking back it was sort of comical with him trying to figure out why he wasn't as fast).

That's all part of growing up, but I feel that if he had the basics of "how" to run and a few key techniques to keep him "Quick" I don't think he would have missed a beat - this year will be different, no matter what happens to his body!

Alex: Killer dude. Tell me more about your son, he sounds like an awesome kid.

Paul: Let me say this about my son, if I had 1/2 his talent when I was in 7th grade as he does now in 3rd grade, I would have been even more awesome, ha!

No really, he just learns fast - any sport he takes up.

Since our family does a lot of Alpine skiing in the winter months, we decided to cancel basketball (sorry, Alex), but when he did play it was crazy. He's also pretty ambidextrous, but he doesn't know it.

He used to dribble left and shoot right. Is that crazy? He bats left-handed and throws lefty, but writes right handed.

Either way, I have to be partial since he is my only child, but besides sports, he is doing 4th grade work in 3rd grade - something his mother and I whole-heartedly agree is more important than sports - a good education!

As far as his goals are concerned - can I say he looks forward to playing with his friends and the Xbox, ha? (*Alex's note: Lol, YES you can.*)

As I mentioned, he is 9 yrs. old and at this point I don't really think he has long term goals. He has mentioned maybe being a doctor or veterinarian, but right now he is only looking forward to football in August.

He really wants to play Tailback this year and he has a shot, but based on his size and the rules for youth football, he may be at Fullback again.

Either way, we both agree that he just needs to learn the game and have fun - the rest will follow in the future!

When I did mention purchasing your quickness program, he did get excited (I didn't think he would care) and is looking forward to working on it.

His short term goal is to be as fast as the fastest, on his team.

If that happens, then he'll get a lot of looks because he is definitely more durable than most kids - he's pretty solid and never goes down on the first hit.

I personally think that the quickness training will also help his overall speed, quickness and well being in his karate class as well - something him and I haven't discussed yet (the benefits that this training will have on everything he does from now on).

Alex: How are you guys planning on going about reaching your goals?

That's an easy one - follow your plan!

You see, I was very fortunate when I was young and was always one of the fastest - I played receiver & free safety in football and ran the 400, all relays, triple jump and long jump in school.

I didn't grow up with anyone really telling me how to be faster because it wasn't as organized as a lot of things are these days. I have told my son for years that a lot of talent and no speed will possibly hurt you worse than a little talent and a lot of speed.

He has a lot of potential talent, just need to work on continued progression towards becoming faster. Your program is spelled out and will help me assist him to becoming faster.

Again, based on his age, we won't be doing any weights for a few years, but I do believe in "body-weight" exercises and thank goodness you have included a few to get started, you guys thought of everything, Kudo's!

Alex: Cool man, we did our best. Any good stories to share?

Paul: I mentioned quite a bit above, but he is just a smart, positive, good-natured kid.

I think the main reason he likes football is because he can take out his

aggression of being a "boy". Schools have no tolerance for even touching another kid these days (to a certain extent it's good, but boys are boys).

Last year as a fullback & linebacker I do remember him running with the ball and on almost every occasion, he never went down on the first contact.

In most cases, kids were hanging on him, he couldn't move, the play was ruled dead and he was still standing up.

On one occasion he did this "spin" move thing (something he had never tried and I think he was pretending to be a player on NCAA 09, but as he spun, this pretty big kid launched his body and nailed Brandon right in the chest and laid him out. My first thoughts were, ok, he's hurt!

Being one of the coaches, I waited for a second and when the pile got off, he bounced back up and said - That was Fun! That's my boy!

Alex: That's hilarious man. Awesome. Who have you guys learned from the most?

Paul: In my past, I had some really good coaches and some really bad coaches - most athletes will agree! I had a great track coach who was one of the winningest track coaches (and oldest) in Oregon history. But even as good as he was, he didn't have the advanced techniques to get truly better like science has allowed in the last 20 years. Techniques, nutrition and supplements (to name a few) are far more advanced than when I was running the gauntlet.

Going through your program, what I have seen is a great understanding of what it takes to train your body (muscle memory) and your mind to "fire" your fast twitch muscles and explode. Even if a person wants a little increase, this program will suit any athlete in any sport and is well worth the money!

I also feel it will put a person in the right frame of mind (mentally) to continually progress!

I can't say it has helped my son yet, simply because we haven't started yet, but with your "plan" we will start in the next week or so, since baseball is now over.

I also want to make a quick comment about body weight training. It is a fantastic way to get in just a good a shape if done properly. Currently, I have been doing another program, can I mention it (P90X) for over 1-1/2 years and very few weights are utilized. I am almost as in good of shape now as when I was in the military - currently I am 45 years old and no one can guess my age within 5-10 years. Now, can I still run a 4.56 40-yard dash like my high school days,

I don't know, but I plan on doing your workout with my son, so we'll soon see!



Dave Smith, Ontario, Canada. June 4, 2010

Alex,

This is David Smith. from Ontario Canada. I have been playing basketball ever since I could, I started playing around with my older brothers when I was about 3 years old, and started playing in a local league when I was 5, by the age of 8, I played on a rep basketball team.

My current goal is to gain a 40-inch vertical before the end of the summer; my vertical is currently about 28 inches.

I have gained about 3-4 or so inches in THREE weeks from using your "7 Day Jump Cure", and my current vertical is about 28 inches, which is pretty good considering that 3 years ago it was 15 inches, and last year it was 21 inches!

Last year I came off the bench for my rep basketball team, being one of the better players, I was on at the end of the game.

So, now it's half time of the provincials in my division, my team was having a tough time staying in the game, and my coach said, "Someone HAS to step up, for us to win the game".

So, I come out of the locker room, and another teammate and myself, literally go off!.

My team wins by 8 in an over time nail biter, I scored 17 points IN THE HALF, and me and my team combined for about 45 points.

I just ant to give a big thanks to Kelly Baggett, and of course, ALEX MAROKO (thanks man!).

-Dave Smith

K.Spyda London, UK. June 8, 2010.

My goal is hit 40' on my vertical jump

Right now, I have 29-inch hops.

Where do I get my motivation to increase my vertical? TFB (team flight brothers). Watching them do their thing leaves you drooling in envy.

Most people would describe me as motivational with a incredible work ethic... if work ethic produced inches in vertical jump, I would have a 50' vert!

To get that 40' Vert, I will strengthen my core through training with bodyweight and I will also add in some plyometrics.

From there, i hope to hit the weights and get them inches. TARGET: 40' in 18 Months.

I refuse to be stopped from gettin a 40' vert. No training schedule can cause me to break down..to be the best, I must work harder and longer that the best....

Back in the day, I completed Luke Lowreys ' instant vertical' exercise without no previous training, self made jumpsoles (bought ankle weights). I started the exercise and next day my calves were dead.... I struggled to walk for about 6 days and I really felt that I had torn something.

Even though luke had stated that without the appropriate strength, those who do this exercise will suffer career threatening injuries.... My Dedication and desire seemed to have provided me with an injury ,which from the pain, was 'definatly career threatening'

What did I learn? Don't ever give up.... when the going gets tough, remember that pain is weakness leaving your body and your preparing you body for an elite level...

And don't be the guy who wished he took the opportunity..... be the guy who did take the opportunity.

-Spyda

Jay Attys. June 6, 2010.

I have been using the "Quickness Chronicles for a week now and I've noticed how much quicker I can get to the basket. I am only 16 and v-squad basketball is one explosive step away.

Thanks Alex,

Jay Attys

Emeka Don Pipi, June 7, 2010.

Seriously Alex, I don't know where to start.

My name is Emeka Okwuokenye, I presently reside in Windsor Ontario in Canada.

I went from a WACKO WACKITY WACKAFELLA ball handler to a pretty amazing ball handler. And it was all because of your *Effective Ball Handling Program*.

So easy, yet so effective. And only about 20 minutes a day is required, 3 days a week at least. It's an awesome program.

My training goal at the moment is basically to have "the handles of a god".

I am a 5'9 dude that started hooping 2 years ago, I am an easy going person, but can't even sleep if I have a bad game,

My goal is to be the best baller I can be literally. And also to be unstoppable. My Motivation is my haters and my lovers, lol...

One notable moment in my basketball "career" was when I newly started playing basketball, and I was the last to be picked. I wasn't picked because they said I was more like a negative person than an addition!

So they played with one man less rather than having me on their team. That pushed me to work extra hard.

Now I can't be on a basketball court with dudes that seen me play before and not be picked.

I've learned a lot from watching NBA games, my favorite player is Carmelo. I've learned a lot from you (Alex), and Brian Mcmorick, he sends me a newsletter every week on what to work on. Thats about it :D

Thanks for everything,

Emeka

Jared Bender, Tulsa, Oklahama. June 9, 2010.

My name is Jared Bender and I am from Tulsa Oklahoma.

I had severe asthma when I was younger and because of this combined with laziness, I became obese.

But then I fell in love with the game of basketball and started to work hard to be in better shape to become a better player. My training goals are to be able to dunk with 2 hands off of a drop step and to be quick enough to guard any position on the court.

To reach my goals I have incorporated several things to make a killer training regimen.

I alternate days of weight lifting with days of P90X.

In the last month I have gone down from a 34 in. waist to a slim 32 (they are loose on my waist). I transferred schools after my freshman year and when I went back to visit friends they couldn't believe what they saw.

My old P.E. teacher was dumbfounded.

And kids at my new school, where I am about to be a senior, didn't believe me when I showed them a picture from just a few years ago. They asked if I had a fat younger brother. They just couldn't believe it was the same person!

Jared (before)



Jared (after)



The time I improved the most was after my 8th grade year. I worked out every morning and gained 9 inches of vertical in just 2 months (the secret is a stair-stepper machine).

I slimmed down and went from **that fat kid to that kid the girls find attractive.**

The person that influenced me the most was my superintendent at my old school. I had a great game one night my freshman year. I had 17 points and a ton of rebounds, so I thought I was really hot stuff.

I went up to him to after the game and before I could say anything he said, "That was decent, now imagine what you could do if you weren't so fat."

I had tremendous respect for him and that motivated me more than anything else would have.

I have tremendous self-motivation.

I want to be the best and I won't quit until I know I am competing at the highest level I can compete at. Another motivation for me is that my old basketball coach, Lester Johnson, died recently. I want to be the best I can for my senior year for him. He said I could be a great player. I want to prove him a prophet. And, a quick shout out, for strength training tips, I look to Vince Delmonte and for speed and quickness, Alex Maroko has been a huge help.

Jared

Adam Tucker. June 8, 2010.

Hey Alex,

Since I've gotten the Truth About Quickness, The Vertical Jump Development Bible and The Effective Ball Handling Program, I've completely dominated basketball.

I now am just about as quick as Steve Nash, I have a 37 inch vertical, and beat presses... BY MYSELF!!!!

Thanks!

Adam

Zvezdomir Todorov, Sherbrooke, Quebec. June 7, 2010.

Hey Alex,

I think its pretty cool that you are writing a free book to inspire people..

I am a 17 year-old Canadian athlete who played basketball, but because I work-out so much and my body composition, I got invited to try out for Bishop's University Football team in August.

This summer I am purely training for football and mostly hitting the weights.

My biggest accomplishment in my training so far has been squat, which was my main focus and went from 265lb to 340lb in less than 2 and a half months.

Thanks for everything,

Zvezdomir

Sigfried Batoula, Silver Spring, Maryland. June 8, 2010.

Hi Alex,

My name is Sigfried and I want to thank you for increasing my speed and making me way faster.



I never thought in my life I would be this fast, ever. I've done track for 1 year and I'm already getting some looks now.

Thanks again,

Sigfried

Charly Garcia, June 10, 2010.

Yo Alex.

The 7-Day Vertical Jump Cure was pretty hard to be doing it daily. But I really got motivated. you know why?

I started doing it for the first 3 days, and I started doing every single exercise.. they were pretty hard let me tell you, specially the ab bridge, I couldnt last the complete 30 seconds!

But man I tried them for 3 days, dude, the next day I felt like jumping and trying to reach the rim (I couldn't even touch the backboard before, let me tell you)!

So I warmed up, started doing some layups and I decided to do it.

I got to the other end of the court and just started running towards the other basket, once i was halfway i started speeding up big time, and I simply jumped with all my strength and I don't know how I did it but I barely touched the rim and part of the backboard when I was never able to do that!.

I am so into your programs Alex. i thank you for so many free programs you have been sending me and other thousands of athletes!

Charly

Matthew Chapman, June 8, 2010.

Alex-

Coming out of high school, I had no scholarship offers and attended a Division III school.

My first year there I played on the JV team.

My sophomore year I rode the bench. God opened a door and I transferred to a Division II school the following year.

At the end of the year despite having to redshirt because of a Torn PCL, I received a basketball scholarship!

Thanks,

Matthew

Jared Griego, New Mexico. June 7, 2010.

Coming into high school I had never played football before and just decided to be on the football team...I was on C-team.

To be honest I sucked really bad.

I got pushed around, I wasn't a good runner, and I didn't have a lot of strength.

The summer between my freshmen year and my sophomore year I was determined to become a better athlete. I spent a lot of time in the weight room, focusing on getting stronger and getting faster.

Every day during the summer I trained hard.

By the time football season came, I was a better athlete all around. I was bigger, stronger, and faster.

I started my freshmen year on C-team weighing 138 pounds and with a 18 inch vertical.

I started my sophomore year on varsity weighing 155 pounds and with a 28 inch vertical!

My coach put me on varsity right away, but I didn't start.

He told me "Don't get your hopes up on playing a lot this season. You're not a starter." But I didn't listen to anybody when they told me I wasn't going to play.

I was determined to make them all liars!

When some of the starters got in trouble and were kicked off the team, I knew that's when I had to step up.

I started the last two games as linebacker and I was probably one of the better players on the team in those games..

Our second to last game I was really nervous but played the best I could. I had nine tackles and an interception that won us the game.

Our last game was against the state champs; I had ten tackles the first half and in the second half they had to double team me. I had sixteen tackles that game (just four short from breaking the state record)!

My team gave me an award for "fighting heart".



And I got lucky because at that last game against the state champs there were collage scouts,

So now I've been asked to be in the New Mexico Elite 100. It's where the Top 100 athletes in New Mexico compete against each other. It's a really big event, college scouts are going to be there and so is ESPN. Its is on July 24-25, 2010.

Right now is the end of my sophomore year and Im on the edge of getting a football scholarship.

The summer has just started and I'm only working harder!

Thanks,

Jared Griego

Ingrid Kern, Los Angeles, CA. June 7, 2010.

(Note from Alex: Here is Ingrid's original response, followed by our short Q & A)

Hi Alex,

When you gifted your program (last year), I sent you my story and I didn't win, so I just took advantage of your free information and incorporated it into my regular training program three months ago to run the 100 meters in the 2010 CA Senior Games.



I am 67 now, didn't run in 49 years, started again in 2008, qualified at the CA Senior Games and came in third with 17.38, ran in the National Senior Olympics in 2009 in Stanford, came in 6th with again 17.38 .

Yesterday I ran at 100 meters and came in second - my time 16.96. This is after just three months and really not doing your program every second day. Now imagine what I can do REALLY preparing myself for the 2011 Senior Olympics in Houston, TX.

I am looking forward for your response.

Love and Joy

Ingrid

Alex: Tell us a little bit about yourself Ingrid.

Ingrid: I'm Ingrid Kern. I live in Los Angeles, but born and raised in Vienna/Austria and moved to NY in 1973, then to LA in 1996.

In high school at 16 in Vienna - 3rd in 60 meters, shot put and long jump until my Dad put a stop to that; didn't do anything athletic until 1990 when I trained in HapKiDo for 3 years in New York. I wasn't ready mentally, those voices in my head told me that I am too old, so I stopped by injuring myself.

At the end of 2007, I had this flash of having to sprint again.

At the time a young Canadian woman lived in the bldg. I manage and she offered to coach me. She was a 1500 meter runner, sponsored by Nike. Her coaching and my training got me into the CA Senior games and I won Bronze.

After that I didn't train again for a while and I picked up training January 2009 - still with my coach, who in the meantime moved, for the Senior Olympics in August, where I came in 6th place.

I was not so happy, because I still ran the exact same time as the year before. After that I had some physical challenges and had to take care of that, so training fell by the wayside.

In January 2010 I was thinking that I had to start training again. I knew that I would qualify, so I didn't feel the urgency to start.

Then you just popped into my life or better your e-mail and the thought that something could make me faster was very exciting.

At that point I haven't met with my coach since last year, who was in Canada more than in the States, so I was on my own. It dawned on me that if I won't start training I was not going to get better and faster.

In March I went to my gym downstairs in my building and used the bike, then I went to Santa Monica and did the stairs 4 times, I did my stretching routine at home, sit ups, push ups and then I dared to go to the park and jogged, did my drills and strides.

At home on my patio I started your exercises. I was laughing because the pace I did them was ridiculously slow and I thought I would never be able to be half as fast as you are in the video. Boy, that was a LITTLE discouraging, but I didn't give up and then I got faster and happier and I saw and felt that I could do that too.

In the meantime my coach gave me instructions via e-mail and I followed that, did more strides and went to the track and finally did the stairs 13 times, which was incredible for me.

Did your exercises still on the patio, because I didn't want to look silly in the park where people were doing yoga and running and jumping and, and, and...

In actuality for about 6 weeks I had my training routine down and I was psyched to do the 100 meter sprint. Three days before the meet I met my coach at the track, ran 55 meters twice and then 100 meters twice and something happened to my ankle. Friday I visited my physical therapist, who threw some electric shockwaves through my ankle and put it on ice while doing that and taped the ankle like crazy.

I freaked out, because two years ago I went through a similar thing and then I just told myself this is purely psychosomatic and I was not going to listen to that crap and I was fine and I was - look at the result!

Almost half a second faster than the year before and the year before that. So, your exercises helped, YES!

Alex: If you had to describe yourself in a couple of sentences, what would you say?

Ingrid: I am strong, determined, driven, focused and I get what I want. I just have to believe in myself and stick with the thought that I can do it!!!
My goal is to win the 100 meter sprint at the Senior Olympics in 2011.

Alex: And how are you gonna do that?

Ingrid: By training more than just three months before the event!!!

Alex: Why will YOU succeed Ingrid?

Ingrid: Because I have a mission; I have been working on this for too long and I am not 16 anymore. The only person who could stop me now is me and I am on the track right now; I am on the track and nothing is going to get me off it.

Alex: Awesome girl! Who do you look up to? Learn from?

Ingrid: Usain Bolt, whose photo is on my desktop, my coach Kate Myers, whose vision and trust in my potential and ability lifted me to another height and Alex Maroko, whose persistence in sending me information on how to become faster reminded me that I HAVE to be persistent and know that I am a student and no matter what, after a while I too can be faster and I did become faster. Now I just have to be PERSISTENT!

Alex: Absolutely awesome...so inspiring Ingrid.

Patrick Meade, June 8, 2010.

Hey Alex,

Just wanted to help you out since you've been helping me out a lot!

I just wanted to say that with what you and Kelly Bagget have done for me is just so inspiring and exciting.

I'm 28 and am getting back to how I felt as an athlete at 18 and even more complete!

Your workouts along with following some of Kelly's ideas and my dedication to basketball has let me see and most importantly feel so much improvement already in my speed, quickness and my dream of having a 40 inch vertical is on its way!

I have already added on 5 inches and and got 15 more to go! Thanks again and can't wait to continue on with you in this journey of success!

Thanks again,

Patrick Meade

Rashad White, June 9, 2010.

Hey Alex,

I have a success story for you from this year as a matter of fact!

I wanted to improve my speed and muscle endurance for the sport I play, which is semi pro football.

I used your program with my lower body, the CAT training method, and I used my own training program with my upper body. When I tell you afterwards I was a beast, I was a BEAST!!!!

Comparing me from last year to this year seemed as if I was a totally different person. I started the training program at 292 at 38% body fat and i ran a 5.1 in the forty and could only bench 225, 21 times, which sucks for a defensive tackle.

After seven weeks, I dropped to 267 at 23% body fat, ran a 4.87 in the forty and could now bench 225, 33 times!!!

All I did was of course ate the right foods and the CAT program with the lunges, front squats and etc. and with my upper body, I just whooped my muscles.

I did 135-50 reps, then 185-40 reps, then 205-30 reps, then 225-20 reps and then 275-15 reps.

No matter if I got tired or had to break in between reps, I just got them done.

As I was benching, each exercise would be superset with another exercise.

For example with 135, I would super set with fifty half curls, or at 185, I'd superset with 40 triceps extensions.

Thanks for giving me tips that I could implement in my exercises and workouts for big gains.

Talk to you soon,

Rashad White

Theodore Goode, Southfield, Michigan. June 9, 2010.

My name is Theodore Goode and I live in Southfield Michigan. I was born a Jamaican but raised between Detroit, Brooklyn and Southfield.

My training goals are to be the fastest person running and one of the best streetballers there are and also to get a lot stronger and bigger than my current state.

Besides training, I love music. Singing, rapping, composing and writing, I do it all.

I train also for fun but mainly to get bigger and faster. My friends can all describe me as kind different and crazy because of my training habits as well as my eating habits.

How am I going to reach my goals? By my crazy training methods.. I used to lift weights and do push-ups and sit-ups and jump ropes and run till I passed out. Then when I got up I, did it again

I can't be stopped because I refuse to be second to anybody. I want to be fastest person that was ever born to walk this earth.

When I was smaller, I taught myself how to play basketball mainly by playing streetball video games.

And I used to play and train everyday, even in the rain.

The only problem I had was that I used to get sick almost all the time...but since two years ago when I started my training, that was almost the last time I have even gotten sick!

The first time I played basketball in my gym class in high school I was ridiculously fast so I was able to get by anyone in my way. My only problem was that I was so fast I couldn't control my lay-ups very well and they would fly off the backboard!

Eventually I got used to it and I was able to just get the backboard in the right spot and I was an unstoppable force. That year in 9th grade I crossed everyone in my gym class that was on the basketball team and had fun doing it!

I only wish I had a camera for those times.

One game I can remember I was intensely sweating at the last point to go, the other team had possession with barely any time left I went after the ball and the guy tried to cross me but I was just barely able to snatch and it what seemed like split second, he spun around and tried to grab it and twisted his ankles. At that same time I took off to the other side of the court for the last point to win the game.

My dad used to train me back in the day just for running so we used to do a lot of running, push-ups, sit-ups etc.

I've learned that it helps to eat right.

Also I learned from everyone including you that it is only really destroying my body if I don't take breaks from training. I realized that because I always felt like either I pulled something or I was just exhausted all the time because I was pushing myself so hard.

Thanks for that and everything else you do,

<Theo A.k.a \$hadow>

Luis Felipe, June 9, 2010.

I got approximately 20% faster than I was before and I used to fall in games after being hit, now I don't lose the ball anymore and I am the one who bring people down. I can jump much higher and destroy in soccer and basketball, and even volleyball.

Luis Felipe

Jackson Kasko, Alberta, Canada. June 7, 2010.

I'm Jackson Kasko from Alberta and I am just a normal white guy. I want to break the 100m world record and get a 50 inch vert.

I'm just a normal guy who loves sports especially basketball and the Chicago Bulls..I wanna be in the NBA.

To reach my goals, I'm just gonna work hard...harder than anyone else.

When I was younger, I would always play these kids at basketball and would always lose (they were older than me).

One day, the biggest one, about 6 feet tall, stole the ball and was on a fast break. I ran after him and jumped up high into the air. I blocked the dude, sending the ball out of bounds and getting AT LEAST 30 inches up in the air. It was the first time my team won too :-)

For my training, I just looked online for exercises and then I bought Flying In Four.

I started off with an 18-inch vertical and finally work my way up to a 28-inch vertical! My speed has increased drastically as well.

Jackson

Charlie Bascom, June 10, 2010.

Hey Alex,

Since I started your training only a few weeks ago, I have increased my vertical by like 4 inches. I am only 5'11 and I can almost dunk now!

I won't be stopped...thanks for everything.

Charlie

Brandon Jackson, June 8, 2010.

Hey Alex, here's my little improvement story..

I had a knee injury in 5th grade and it set me back, way back. In 6th grade, I was about 6 ft and I loved basketball: I could shoot, dribble somewhat decently, but I could not jump to save my life.

I had a whopping vert of somewhere around 6 inches... I could barely touch backboard. I didn't even try out for my schools team.

But over the 6th grade summer, I found a couple exercises, just basic things, and I did them every day.

I came back to school after summer and I was amazed, I could almost touch rim. I'm still currently working on increasing my vert to the point where I can dunk, hopefully by using some of your tips this summer and with a good program, I'll be able to by the next school year.

Brandon Jackson

Ralph Krawelitzki, June 10, 2010.

I'm working on my success story..

I am a 48 year-old athlete that is trying to compete with the younger kids.

I am trying to see how much the body will respond at my age. I am playing a lot of Beach Volleyball but need way more endurance, strength and vertical to compete at a level that I used to.

That is why I am doing Flying In Four. I am currently on Day 13 and my legs are exhausted but definitely feel stronger and way more toned...I'm just hoping they will respond with a few added inches. I am going to continue the Vert programs for about a year to see if I can get from my present 28" to 36"....a tall order for an aging ex-athlete. I'll stay in touch.

Thanks,

Ralph

Steve Quan, June 8, 2010.

Hi Alex,

Well ... I really got serious when I was around 45 (I'm 55, close to 56 now) and realized my speed and recovery etc were deteriorating!!

I can't remember how I discovered your speed course, and I tend to skim instructions etc :) However, just using the little bit I picked up has helped with my speed.

Sincerely

Steve

Jimmy Stein, June 8, 2010.

Hey Alex,

Ever since I signed up with you, I feel like I can jump higher and run faster. I think the way that works best for me is doing some of the exercises you recommended plus some of the other one I found on the Internet immediately after each other.

Sincerely,
Jimmy

Nathaniel Wilkerson, June 7, 2010.

At the beginning of my seventh grade year I was 5'5 and 139 pounds with a vertical jump that only allowed me to touch 9'2.

I wasn't born with any special God giving ability whatsoever. Even though with the help of God and A LOT of SERIOUS commitment, hard work, and mental strength, I was able to design a development program for myself (with the help of other programs such as Alex's) that allows me to start on a varsity basketball team and lead it.

Remember if you chase perfection you'll catch excellence; The greatest things happen when no one sees them. Allow More!

Nathaniel Wikerson

Jim Moyna, June 8, 2010.

Alex,

I am a former combat vet US Marine, went to work as an equity trader on Wall St and got out of shape living the high life, then landed in a rough spot and served 6months in prison and lost the Wall St career.

I went into prison out of shape and whipped myself back into shape USMC style with all bodyweight training.

I got out of prison after losing 65lbs and went to work as a personal trainer.

I've since put back on 20lbs of lean muscle using powerlifts, olympic lifts and a crossfit style philosophy towards training.

I look the best, am the strongest and fastest and can jump higher than I ever could at the age of 43.

I have taken all the research I have obtained and trained some HS athletes and put one of them into a major D1 soccer program who this summer is training with the Columbus MLS team as sort of an intern type job.

Although I earn a fraction of what I once did---I truly love what I do and found a passion for my job, one that I never had before. I eat, drink and sleep fitness and athletic training.

It is my life.

Thanks!

Jim Moyna

Kevin F., New York, June 9, 2010.

Throughout middle school I was always a flabby kid.

Not excessively fat but slightly overweight. My freshman year in high school, I started to lift weights several days a week.

Within weeks I was getting much stronger and leaner. The summer in between my freshman and sophomore year all I did was lift and eat. I gained 60 pounds that summer. I was very strong but was not lean at all.

Towards the end of my sophomore year, I began to swim full time and competitively. The pounds were falling off and by the beginning of June, I had a 4 pack. By the end of June I had a 6 pack and by the end of that summer I had a 16 pack. Yes 16 (wow man, you gotta tell us your secrets for that, lol).

Now I am graduating high school and I workout just about every day. I lift weights, swim, bike ride, and run.

Thanks Alex,

Kevin

Brian Aji, June 7, 2010.

Over the past 15 years, my vertical leap has increased by over 20 inches, I've grown about 5 and a half feet, and my game has escalated from literally nothing to a dominating player. How did I get such great results? Well, 15 years ago I wasn't even alive!

Anyway, I'm a middle school basketball player (arguably the best in my league), but my success didn't just come through genetics.

I am a very hard worker who hates to lose, and when I'm in a slump or the team's not doing well, I work even harder.

I remember in the beginning of the year, I scored 19 points and we lost in a Saturday night game and when I got home, I was in my backyard shooting for 2 hours. I'm also working hard with the Jump Manual, and my vertical has increased by over an inch or two or even maybe three in less than a week so far.

Thanks Alex,

Brian

Alex: Some pretty awesome stuff, right?

I got a ton of responses and while I couldn't use all of them, if there's enough response for a "Success Stories Part Deuce", I'll be sure to use the rest of 'em there.

We're not quite done here though..

A couple months ago, when mine and Kelly Baggett's vertical jump program, Flying In Four, was released publicly, we first held a "free giveaway" contest.

The only rule was that to enter the contest, you had to write in and tell me and Kelly what "4 inches in 4 weeks on your vertical jump" (the basis of the program) would do for you!

We got over 400 responses, most of which were incredible and I decided to add some of them in here to see some more examples of really damn motivated, hard-working people!

They're all below now, enjoy.

-Alex

PS – I didn't even edit these ones for "realness" purposes...the responses below are written exactly as they came, questionable grammar and all :-)

Michael, January 16, 2010.

Four inches added to my vertical jump would be a dream come true! My vertical has been my main weakness in basketball. I have tried those funky shoes and those programs with no results. I am a 5'7 guard who needs this in order to play at the high competitive varsity level. This will do wonders for my game and boost my confidence in so many ways. My dream would be getting up on my defender and JAMMING it! I tried looking to everybody for vertical help but it only left a hole in my mothers pocket and left me unmotivated. I deserve this because I am a very hard working athlete who will make the best use of this program. Please give me this opportunity and I will be sure to not let you(Alex) and Kelly down.

Thanks Alex for all you do you, have had a tremendous impact on my game whether its from ballhandling to quickness. All I can say is THANK YOU!!!!

Michael

Will, January 16, 2010.

Hey my name is will. I am currently a basketball player at my H.S. My current vertical is about 20 inches so it is not so good. I have used so many garbage programs and I'm just tired of all the failure. There is only so much failure a dude can take and I think I've endured my fair share. Ive tried The Vertical Project, Air Alert, Jumpsoles, Polymetrics, ect... Everything i use doesnt work like they claim to be. I am currently using the 7 day vertical jump cure and I hope it can work. Four inches to my vertical would make me a more complete player b/c my ball handling and shooting and bball iq are very good for a 10th grader. People have said i have a chance to go to college if I can get more athletic. Right now, I'm hard to stop without much athleticism. I can only imagine what putting some athleticism in me could do for myself. And i work so hard at my sport. Spend 6 hours a day in the gym during summer, play pick up games, and absorb all i can and be a student of the game. I read your bio Alex, and I can see myself being the same as you. I'm not trying to suck up or nothing and if I don't win this contest thats fine; I am glad for the opportunity though to share my thoughts.

Will

Stephen, January 16, 2010.

1. What will 4 inches on your vertical jump in 4 weeks from Flying in Four do for you? for your sport? for your performance? for your confidence? (i.e. Four inches in four weeks from Flying in Four will...)

Four inches in four weeks will give me the ability to, not only dunk, but also help my team defensively, getting blocks, steals, and rebounds, especially since my high school team lacks in height. My game is built on driving to the basket, thought my jump shot is improving, and there are times where I could not finish because I couldn't get the ball over the defender or I got fouled. Getting blocked and not finishing layups over and over becomes so frustrating I start becoming passive and go away from my game, settling for jumpers or giving the ball up.

Then I can't help my team offensively and put more pressure on my teammates. Being more athletic would help me finish at the rim instead of expending a lot of energy for nothing. It would keep me aggressive on offense so other teams will have to respect me, which will open up more shots for my teammates. My confidence will skyrocket, knowing that I have the ability to finish, and my coach will have more confidence in me and give me more minutes, knowing that I can score and get my teammates involved.

Besides basketball, I am also a volleyball player. I play hitter and blocker, so jumping ability is especially important for me. The worst feeling in the world is getting a hit blocked, or losing a point after an opposing team's hit went off the tips of my fingers, knowing that if I had jumped just a little bit higher, I would have gotten that kill or that block.

2. There are more than 4,127 people seeing THIS contest right now...why are you 1 of the 3 athletes that want it the most? Be specific.

Out of the 4,127 people that want this program, I deserve it because I know I will dedicate myself to it, knowing that Kelly Baggett knows what he is talking about. I have followed programs religiously before, sometimes to a fault.

I used Air Alert a couple years ago, and I followed it for a little over half of the

program, with little if any gains, until the pain in my knees forced me to stop. I also designed my own strength and nutrition program that I did over the summer, which has helped me get stronger and healthier, with visible results. I also tried to design my own vertical jump program, which I also used in the summer to gain a couple inches, but have since plateaued.

I bought Alex Maroko's Effective Ball Handling program, and it has improved my handles alot, even though I was only able to finish the Intermediate I section. I am 15 years old, a sophomore at Whitney High School in southern California, on the varsity basketball and trying to get on the varsity volleyball team. My veritcal is currently at about 32 inches, but I am just 5'8". I can grab the rim with two hands almost consistently and am 3-4 inches from dunking.

My basketball team really needs help offensively(we only score about 40-50 ppg) and I want to be someone that can create shots for myself and my teammates. I want to improve not only myself, but my team and my school's reputation as well. Whitney puts a huge emphasis on academics, and sports is just an afterthought for alot of people (A common nickname is "Whitnerd"). Some of the students with athletic ability have transferred, knowing that their talent would probably go unnoticed playing at Whitney. Just a couple years ago, our basketball team was a doormat(5-25+ record). Schools would schedule us to pad their win totals to get to playoffs, and people would laugh when they saw us on the schedule.

Last year we finally made playoffs, but got blown out in the first round. We have been improving, but we still have to get much better to earn respect. I want people to know us as more than just an academic school. Finally, I need to go to college. In this economy, and already paying for my two older sisters currently in college, paying for me will put a strain on my parents, especially since I may become a doctor.

I have played on AAU teams and gone to camps, but a lot of the time I have been overwhelmed by the other kids' athleticism, even if my skills were better than theirs. I need to get more athletic so I can stand out and get the attention of scouts and earn a scholarship and make it easier on my parents(in their 50s) so they can retire if they want and not have to worry about paying for my education. Thank you for reading, sorry it is so long.

Cy, January 17, 2010.

Four inches on my vertical will put me over the top. I have been using Kelly and Alex programs since April and have gained 11 inches on my vertical and went from 5.2 to 4.75 in the 40 yard dash. In just 3 sessions with the 7-Day Vertical jump Cure I went from grabbing the rim with one hand to touching it with both hands. I don't care if I get 4 inches or just 1 or 2 more. I know I will improve some more to where i am eventually getting what I want. Your programs are impossible to fail at. I am 15 and willing to train hard as I have done my whole life. When I was 10, I wanted to win the Knights of Columbus, free throw contest, so I practiced shooting free throws 10 to 12 hours a day, 7 days a week. The final outcome was I became the international champion. Because of the competition for this free program I would like to have it go to people who can prove they will work hard, not just talk about it.

Michael Marrion, February 12, 2010.

Hi Alex and Kelly,

Firstly I want to tell u a bit of myself. I was born in Australia and i am an Indian. Now this may not be a surprise for you but Indians are not very athletic, in fact you never see and Indian athletes in the Olympic track events etc. I am different. I work my butt off to be the best. I was the first of all my friends to touch the ring and 2 years later that's all i can do. Sure i can dunk small basketballs etc but it's not the same as dunking a real sized ball.

1) What will 4 inches on your vertical jump in 4 weeks from Flying in Four do for me? for my sport? for my performance? for my confidence?.

Well it will do wonders. All I need is another 3-5 inches before i can dunk. If you give me the program it will allow me to DUNK (YEAAAH!!!!). It will boost my confidence to new soaring heights and trust me i will be unstoppable. Confidence is key to sports in my opinion.

2) i believe I should be one of your choices because i am a dedicated player. I need that new athletic, jumping kangaroo type feeling about me. Like I said i am an Indian and I am determined to be the first Indian NBA player. With you program I can improve on my basketball skills and i will increase my spirits. I have been told by many "you're not black, you're brown so you can't play basketball" these type of comments make me all the more determined to be the best. I want to prove them wrong. I hope you can understand what I'm saying.

Please help me bring my Dream to reality. Thanks a lot.

Michael

Anton Reloj, February 13, 2010

Hey Alex & Kelly! Anton here. Saw this email and I have to say I was half-expecting this. Well, anyway, let me get down to business (which is already one thing 4I4 will do for me).

So here I am. 15 years old and loving life and the game. What game exactly, you may ask? Well, just like the other few hundreds of posters here, I play basketball. I'm currently in (what should be) my school's basketball varsity team. If you're wondering what I mean by that, well, the team and our coach had a falling out. Our last game, just like the other games we played in the tournament, was just horrible. Lots of absences among the team, no fan or crowd power, and overall sloppiness turned into a rout. Two days later, our coach pretty much called it quits.

I'm currently a junior in HS and the year is just wrapping up. I'm doing great in school (gonna be an Academic Awardee for the 3rd straight year; one of a few in my batch), have a small but solid group of friends, and am pretty involved in extra-curriculars (am in the streetdance club and was also nominated by my school to join a youth leadership program in China, which I'm going to). I also have a plan on what college to go to already. All sounds good moving into grad year, right? Well, not exactly.

See, one of the things I look forward to every year is the varsity team. I don't think my 4th and last year in HS will be as memorable if there's no team. And right now, especially since I took a break from basketball for a year before, I am so hungry to play. The thing is, how can I unleash my passion if the one thing where I can channel it through won't be there? That's where you guys come in. I strongly believe four inches, and Flying In Four, would be the difference.

One of the things I want to do is to revive the team and inspire those of my teammates who lost motivation to get back on the court and play hard. If I can get just four inches added to my vertical leap, it would help my basketball skills dramatically and allow me to motivate my teammates more. I'm a pretty undersized Forward/Center, but I put my all into every game, and I do keep up

with these bigger, more muscular, and longer guys than me. I can actually outrebound them! What more if I had four inches more in my vert? I'd be able to get more boards and increases the chances of my team winning, boosting their morale and allowing them to play confidently and with determination, too. One of the things that's always been on my list of goals is to improve my basketball game, and I can do that and convince my school's Head of Student Affairs to allow the team to get back together, I'll strike two things off that (current) list. I'm not just in this for my personal improvement, but also to help my teammates and the school, which I feel indebted to, to bring back the glory days of our team's yore.

Now, I'm sure that WANT this. I know there are others around me that want it just as bad, but I've worked hard for an opportunity like this not go to waste. Wasted opportunities are things that come too often for me, and I believe they just fueled this burning desire within me. Having the chance to help myself reach my athletic potential is already making me feel joyful, but actually being able to do so with a program proven to give me the vert, quickness, and confidence I need will just send me into a state of absolute euphoria. I'm planning on trying out, too, for different college varsities, and landing a spot would also help me take one step further into the future and what could be me being introduced to my dream job. So I really think that this opportunity would truly help me achieve my goals.

Well, that's it for me. Thanks again, Alex & Kelly for this wonderful opportunity, and I hope that I could get my hands on this on Sunday. See you guys and God bless!

- Anton

Isaac, February 13, 2010.

I'm a 15 year old white freshman in Queens county, New York.

I have excellent fundamentals, but the coach took people more athletic than me, even though they had worse skills. The coach told me if I would get more athletic he would definitely put me on the team. Plus, I'm only 5'3. To add on, my school has no junior varsity or freshmen team, just varsity. Alex, your quickness chronicles added 2 inches to my vertical, and if I add four more inches I'll only be 1 or 2 inches away from grabbing the rim. I think that I'll get those few inches by starting and finishing the 7 day vj cure this president's week break.

Meaning that if I just add those 4 inches I'd be 5'3 and touching the rim! And there's no reason to really go into detail for what a good vertical would do for your game. It'll make me a better rebounder, a better shooter, a better scorer, a better defender, probably faster, and more conditioned.

My game will also get better through confidence, because hey, a short white guy like me is grabbing the rim, if I can accomplish that I can do anything. What I'm trying to say is, we all know it's hard for a short white guy to make his varsity team. He would have to work harder than everyone else on the team, and I have. Ever since 6th grade I've worked my butt off trying to make my high school basketball team.

Every summer I would use 90% of my free time not playing pick up games but perfecting my skills. Instead of going to camp I would come to the park in the early morning, go home for lunch, and stay in the park until dinner time. My fundamentals are excellent thanks to that, but I still need to improve my athleticism to get that spot on varsity.

I know everyone else already wrote this, but basketball is my life too. I don't want to live my life thinking that tall athletic people made the varsity team, when I worked my butt off and never made it. That's why I deserve Flying in Four.

Jonathan, February 14, 2010.

Vertical jumping is a passionate interest to me, though I am not seeking interest into this product for that sole purpose. I have used other products in the past and have had some gains, nothing extreme but enjoyable results. I have also done tons of reading to gain further insight into this science and have learned a relatively large amount of information.

Kelly and Alex seem to have their act together and I trust the information they put out. My main reason for using this program is that I am tired of failure. I no longer wish to be just an average maybe slightly better than average athlete, whether it is pickup games or intramurals.

I am not satisfied with the work ethic I have put into my vertical gains or the methods I have used in attempt to enhance them. I have been and am working very hard to succeed in making all aspects in my life better including my faith in religion, relationships, my education, my personal health, and my passion for basketball.

To me, this program will help me achieve the goal of improving my life in the passion I have for basketball. Also, by improving my body's physical posture I hope to rid myself of pains and aches in my lower body and joints that I have been experiencing as of lately (more than likely due to overloading of quads from certain programs I have been on).

I know that a physical health improvement and making my body stronger will only give me more energy and aid me in making other aspects in my life better. These benefits from improving my body's health would not only be the energy I am able to put into studying for my courses at school, but also the confidence I would gain in talking about and showing off my gains. I would no longer feel that I have failed but that I have traveled further down a narrowed path to success.

Also, in relating a four inch gain to the game of basketball, this would put me just at the tier of advanced athleticism. I am just shy of 5'11" with a standing vertical of 29"; my running vertical is 34." Another four inches will place both my wrists above the rim and definitely increase my first step explosiveness.

Under six foot dunkers are not exactly common but not rare. I only hope to be in the conversation when talking about good dunkers and athletes. I believe that working with this program will motivate me to achieve my goals and I thank you for reviewing my application, though it is lengthy.

Lee, February 14, 2010.

Hi, I'm dying to get my game above the rim again. I am 33 now and haven't dunked since I was 25. Earlier this year I came to the realization that the older I get the less opportunity there is for me to dunk, I started the year off with good intentions and had a good summers training, I increased my vert by around 3-4 inches, but not enough to be throwing it down, the season started and I broke my big toe, I came back for around 1 month and never got my vert back to where it was, I then strained my PCL and training and basketball have taken a back seat since...basically, I have had a nightmare season, and it seems even more so as I was so amped to get back to dunking.

My PCL is fixed now and I have started training again, I have 3 games before the end of the season and would love to be dunking before it ends. And then I can't wait to start the summer training again so I can come back the start of next season dunking for fun. I have a thirst for knowledge and can apply myself well when I have a goal in mind, I would love the opportunity of working with you both and achieve something I haven't done in a long time.....before I get too old.

Jeff, February 14, 2010.

I'm a 49 year-old dad of three basketball players and a high school coach. I haven't dunked in 10 years, but it's not about me... it's about my kids and their teammates. Adding 4 inches to their vertical would do more than enable them to flush it with authority (which by itself would be nice), it would help them rebound better, cover the passing lanes better, hit the jumper more easily over the defender... in a word it would help my kids, and the kids that I coach to become "PLAYERS".

I want this program more than all of the others because I want what's best for my kids and my players—and if they want to put in the effort—I have to be able to help them! I also have to admit it would be pretty sweet to be able to dunk again—throwing one down on my 50th birthday would be awesome!!

Ryan, February 14, 2010.

Hi, I remember when I was a 5'4" freshman in high school and could barely jump. I had aspirations of playing Division 1 basketball. My game was all fundamental, no flash or anything like that. I got my growth spurt very, very late and now I am 6'4" with only about a 28 inch vertical. I have been lifting for 3 years now and I am 205 pounds. I have done jump programs, squats, P90X plyometrics...you name it. I feel like I'm sitting on a plateau right now that I can't overcome. I can shoot the jumper and lock down on defense but they coaches consistently tell me that in order for me to play, I need to become more athletic. I don't know if I have a genetic limit or something but I'm looking to come out on top finally. Basketball isn't only about jumping but that is the main area I lack. I'm hoping this program will allow me to come off the bench to contribute major minutes. (BTW I made it to D1!...just trying to push myself even further now)

PS. Dunk contest was horrible, I wish I could use my ideas if I had a 40 :-)

Thanks for your time.

Phew! I hope you really enjoyed all of those stories of people who are currently working like crazy to get faster, stronger, quicker and jump higher for all of their own specific and individual goals.

These are the people I coach, work with and talk to every single day and I couldn't be more damn excited about that.

Maybe if you're ready to join the crew as we continue to get WAY better than the rest of the pack, you'll join us.

You can check out all of those products people kept mentioning here (the first 3 are mine and then the rest are from all of my good friends):

[*The Effective Ball-Handling Program*](#)

[*Flying In Four*](#)

[*The Truth About Quickness Insider's System*](#)

[*The Vertical Jump Bible*](#)

[*The Jump Manual*](#)

[*Triple Threat Muscle*](#)

[*The Champions Challenge*](#)

That should do it for now, I think.

Remember, if you're ever feeling a little less motivated and not quite as inspired as normal, it ain't no thang...just open this bad-boy up (or even print it out) and read a couple entries.

Find that one person most like you, who might be halfway across the world, working their butt off and in the exact same boat as you...use their story to push you ahead of the game (that's what I always thought about and did).

Best of luck to you.

Your Coach,

A handwritten signature in black ink that reads "Alex Maroko". The signature is written in a cursive, flowing style.



is

The Bio: A former college basketball player, Alex Maroko is the author and creator of several of the top-selling sports training products in the world (sold in more than 41 countries worldwide), including *The Truth About Quickness Insider's System*, *Flying In Four* and *The Effective Ball-Handling Program*.

He's been a featured guest-author in several different publications, from magazines to websites, and has been a featured speaker on radio broadcasts, streamed globally. He's highly-regarded everywhere for his expertise and creativity in making ALL athletes run faster, jump higher and increase their agility and quickness.

In his free time, Alex likes to cruise around on his longboard, relax on his hammock and flirt with brown-haired girls who practice yoga and don't have jealous tendencies.

You can check out any of his websites here:

<http://www.GameSpeedInsider.com>

<http://www.JumpHigherin4Weeks.com>

<http://www.TruthAboutQuickness.com>

<Http://www.EffectiveBallHandling.com>