



I'm not robot



I am not robot!

That's longevity & consistency! □ Zianimal Academy: MobilityLongevityPerformance □ Links: site: routine: a The document provides exercises and tips to increase vertical jump ability from a professional athlete with a inch vertical leap The key exercises discussed are the take your skills to the next level with the training method approved by kadour ziani. I've witnessed him getting up at the rim no less than years ago. Pushing the Dunk discipline to the top □ Zianimal Academy: MobilityLongevityPerformance □ Links: site: routine: a Presentation of Kadour "Zianimal" Ziani, french dunker of Slam Nation, dunker since, here his story Kadour Ziani is the blueprint of dunking; the real dunk father! The programs have been rigorously designed with an atypical method focusing on Dunk pioneer since (with the Slam Nation). From having watched the DVDs and been part of the Slam nation, and as a teammate of Kadour, I can actually say that his training method is by far the most effective and unique.