

Jump Higher

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Shows general market interest online according to geographical location

Regional interest

1.	United States	100
2.	Canada	77
3.	Australia	69
4.	United Kingdom	22

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on verticaljumping.com)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.

Demographics

Updated Sep 2011 • Delayed - Next: Nov 2011



Gender
Male



[Embed](#) | [Gender](#)



Age
Young Adults



[Embed](#) | [Age](#)



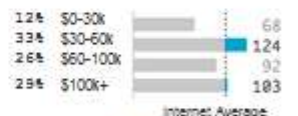
Children In Household
No Kids In Household



[Embed](#) | [Children In Household](#)



Household Income
Middle Income
This site attracts a middle income audience.



[Embed](#) | [Household Income](#)



Education Level
People With No College
There is a high index of people with no college here.



[Embed](#) | [Education Level](#)

The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.



Psychographics (data based on nba.com)

In the field of marketing, psychographic variables are any attributes relating to personality, values, attitudes, interests, or lifestyles.

The following data profile shows other topics that the audience is likely to be interested to visit and the affinity indicates how much more likely than average.

An affinity of 10x means that your target audience is ten times likelier to be interested in the topics than the average internet user.

Audience Also Likes

Updated Oct 2011 • Next: Nov 2011

Data Source: United States Monthly

	Affinity	
Sports	10.9x	<div></div>
Fantasy Sports	10.4x	<div></div>
Music/Radio	6.9x	<div></div>
News/Information	4.8x	<div></div>
Travel News & Info	4.6x	<div></div>
Real Estate	4.4x	<div></div>
Events/Tickets	4.3x	<div></div>
Movies	4.3x	<div></div>
Instant Messenger	4.2x	<div></div>
Science & Technology	4.2x	<div></div>
Regional/Local News	4.0x	<div></div>
Politics & Commentary	4.0x	<div></div>
Business News & Info	3.8x	<div></div>
Fashion/Cosmetics	3.6x	<div></div>
Nonprofit	3.6x	<div></div>

Frequently Asked Questions

- How do I jump higher? And what is the proper way to land a jump?
- How to jump higher for karate and ways to catch better in baseball?
- Are resistance bands good for jumping higher?
- How to jump higher when shooting a basketball?
- Can you jump and block higher when playing indoor or beach volleyball?
- How to jump higher at 13 without weights?
- What can I do to strengthen my ankle and help me jump higher of it?
- What is the best way to jump higher in basketball?
- How can I jump higher in a short amount of time?
- How to jump higher and are there any household exercises I can do?
- How can I learn to jump higher for basketball?
- What exercises can I do to jump higher and run faster with no weights?
- How can I jump higher to dunk a basketball?
- How can I jump higher to slam dunk?
- What is a good way to train myself to jump higher? I've heard it has to do with abs, too?
- How do you jump higher in the Long Jump?
- How to get my vertical jump higher?
- How to jump higher & Increase my vertical jump?

- What is a very good exercise that helps you jump higher?
- Will I start to jump higher and be stronger after I finish growing?
- What exercises can I do for higher jump?
- How do I jump higher in basketball?
- Is your back really important for you to run and jump higher? How?
- Is it possible to use hydraulics to run faster or jump higher?
- How do you jump higher without lifting weights?
- What are those Weights that basketball players put on their feet to make them jump higher?
- What is the effective exercise I can do so I can Jump higher?
- How can I jump higher for martial arts?
- How do I jump higher for cheer jumps?
- Do basketball players cut their calf muscles to jump higher ?
- How to make your body jump higher when kick flipping?
- How to jump higher in two weeks?
- How can I increase my vertical jump so I can jump much higher?
- How can I train myself to jump higher while playing basketball?
- What do you think is the best way to jump higher?

Problems & Frustrations

- **Unsure if losing weight will enable him to jump higher**

Hey I have fat on my tummy. If I lose the five pounds will it help me jump higher and be more athletic? What exercises should I undergo in order to jump higher?

- **Need to jump higher to score more point in game.**

I'm a pretty decent shooter but when I shoot my feet barely leave the ground on my jump shot....when I try and jump higher than what I'm used to- the shot falls way short.....how do I elevate over my defender and still have enough power in my shot to score? I want to jump higher because it will help me gain more points. Thanks for your help.

I play basketball for my school and I want to be able to jump higher. Does anyone know a way to get my vertical higher?

- **Want to improve jumping**

I'm 13 6'3 and 160 pounds. I am a very good basketball player and I want to take my basketball to the next level. How do I jump higher without weights so I can continue growing?

I'm sadly pretty short about 5'6" and I get creamed out on the court. I used to be a big kid but now everyone has gotten taller than me and I need to be able to jump higher so that I can keep getting rebounds and maybe blocking a shot once in a while..

I was wondering if there is any way I can jump higher in basketball because I think I can be very good if I had a few more inches on my jump. I was wondering if there is a possible method to jump higher in basketball; if there is, how?

I need to jump higher so that I can do better flips and so I can dodge sweeps and jump over higher objects. So I need to jump really high.

Our cheer tryouts are in a month and I really need to perfect my jumps. I know I can get my legs really high since I'm extremely flexible, and I get them super high on the trampoline. What are some good daily exercises to gain strength in my legs so I can jump higher?

- **Sustained an injury and height of jump is affected**

I just fractured my ankle about 4 months ago. I have finished rehab and physical therapy for it. It just doesn't seem as strong to me as it did before. I play ALOT of basketball and could jump actually pretty high for my size. I'm 5 foot 9 and could almost dunk, I could just mostly grab the rim with both hands before though. But now after my ankle injury, it doesn't feel right at all. Now I can just barely get the rim with my finger tips now. The injured ankle is my left one and it's the one I jump off of. I was wondering if anyone could give me any information to help me out and jump higher again and to strengthen my ankle.

- **Want to dunk a basketball**

I'm 6 feet tall and I can currently grab the rim but I want to learn how to jump higher so I can dunk a basketball. I'm looking for any workouts I can do to jump higher or if anyone has

any insights, advice or tips on how to jump higher that would be greatly appreciated. Also I wanted to know which shoes I should get that will enable me to jump the highest.

I m just 173cm and 53 kg. But sometimes I can't even touch the board..Any tips or exercise for me so I can jump higher? I had done those exercises before. Last week I can't even touch the board but this week I managed to touch it..Any other effective ways?

I'm 5'8" and 14 and I want to be try out for my high school's basketball team next year. I'm still growing, and I'll probably end up being maybe 5'11" or 6' by next year. I've got a good shot and everything else, but I need to be able to jump higher. I can jump pretty high already, but I want to be able to rebound better and even MAYBE dunk by next year. Any suggestions on how I can do that?

I love playing basketball and it will help me a lot if I can jump higher. Without the ball, I can reach the rim and I just need a little extra vertical leap so I may be able to dunk the ball to the rim. How can I gain that extra elevation?

I'm 5'11 and weight 140 pounds. I just need to jump like 3 inches higher to dunk. What are some exercises I can do to jump higher?

- **Tall but unable to jump high enough**

I'm the tallest one on my basketball team: 6'5". This is only my first year on varsity, someone on an opposing team about 4 inches shorter than I am can jump higher, and almost dunk! He's my superior, but I want to know what a good routine is to be able to

jump higher so I can practice for next year's season over the summer. Can anyone help?
Also, I think I've heard b4 that jumping high also involves strong abs. Is that right?

- **Not seeing desired results**

I've been trying a lot of exercise to strengthen my muscle but I still can't jump higher... Any home workout recommended?

- **Tall but unable to jump high enough**

I am about 6'3" and I jump pretty high but I am still growing and I heard when you finish growing height wise your muscles then start to grow more quickly. I am wondering, will I get bigger stronger and jump higher after I finish growing?