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UNDERSTANDING THE ATHLETIC PROWESS OF NBA STARS LIKE JA MORANT OFTEN LEADS FANS AND ANALYSTS TO WONDER ABOUT THE BIOMECHANICS BEHIND THEIR REMARKABLE PERFORMANCES. ONE COMMON QUESTION IS: IF JA MORANT CAN JUMP VERTICALLY TO A HEIGHT OF 1.35 METERS, WHAT IS THE INITIAL SPEED AT WHICH HE LEAVES THE GROUND? FURTHERMORE, HOW DOES THIS RELATE TO HIS OVERALL JUMP, INCLUDING HIS TOTAL TAKEOFF VELOCITY? IN THIS ARTICLE, WE DELVE INTO THE PHYSICS OF JUMPING, EXPLORE THE CALCULATIONS INVOLVED, AND PROVIDE INSIGHTS INTO WHAT MAKES MORANT'S LEAPING ABILITY EXCEPTIONAL.

UNDERSTANDING VERTICAL LEAP: THE BASICS

BEFORE JUMPING INTO THE CALCULATIONS, IT'S ESSENTIAL TO UNDERSTAND THE FUNDAMENTAL PHYSICS PRINCIPLES INVOLVED IN VERTICAL JUMPS. A VERTICAL LEAP IS PRIMARILY A VERTICAL MOTION WHERE AN ATHLETE ACCELERATES UPWARD FROM A STANDING START, REACHES A PEAK HEIGHT, AND THEN DESCENDS BACK TO THE GROUND UNDER GRAVITY.

THE KEY PARAMETERS INVOLVED ARE:

- INITIAL VELOCITY (v_0): THE SPEED AT WHICH THE ATHLETE LEAVES THE GROUND.
- PEAK HEIGHT (H): THE MAXIMUM HEIGHT REACHED DURING THE JUMP.
- ACCELERATION DUE TO GRAVITY (G): APPROXIMATELY 9.81 m/s^2 ON EARTH.

USING THESE CONCEPTS, WE CAN RELATE THE INITIAL VELOCITY TO THE MAXIMUM HEIGHT ACHIEVED DURING THE JUMP.

CALCULATING THE INITIAL VELOCITY FOR A 1.35M VERTICAL LEAP

THE PHYSICS EQUATION

THE RELATIONSHIP BETWEEN INITIAL VELOCITY AND MAXIMUM HEIGHT IN PROJECTILE MOTION IS GIVEN BY THE KINEMATIC EQUATION:

$$v^2 = v_0^2 - 2gh$$

AT THE PEAK OF THE JUMP, THE VERTICAL VELOCITY (V) IS ZERO BECAUSE THE ATHLETE MOMENTARILY STOPS ASCENDING BEFORE DESCENDING. REARRANGED TO SOLVE FOR INITIAL VELOCITY (v_0):

$$v_0 = \sqrt{2gh}$$

APPLYING THE NUMBERS

GIVEN:

- MAXIMUM HEIGHT, $h = 1.35$ METERS
- GRAVITY, $g = 9.81 \text{ m/s}^2$

CALCULATING:

$$v_0 = \sqrt{2 \times 9.81 \times 1.35}$$

$$v_0 = \sqrt{2 \times 9.81 \times 1.35}$$

$$v_0 = \sqrt{2 \times 13.2435}$$

$$v_0 = \sqrt{26.487}$$

$$v_0 \approx 5.15, \text{ m/s}$$

THEREFORE, JA MORANT MUST LEAVE THE GROUND WITH AN INITIAL VERTICAL SPEED OF APPROXIMATELY 5.15 METERS PER SECOND TO REACH A HEIGHT OF 1.35 METERS.

WHAT IS HIS TOTAL TAKEOFF SPEED?

WHILE THE PREVIOUS CALCULATION CONSIDERS THE VERTICAL COMPONENT OF THE JUMP, ATHLETES OFTEN GENERATE A TOTAL TAKEOFF VELOCITY THAT INCLUDES BOTH VERTICAL AND HORIZONTAL COMPONENTS, ESPECIALLY IN DYNAMIC MOVEMENTS LIKE SLAM DUNKS OR QUICK JUMPS DURING GAMEPLAY.

HOWEVER, FOR PURELY VERTICAL JUMPS, THE TOTAL INITIAL SPEED IS ESSENTIALLY THE VERTICAL COMPONENT. BUT IN MORE COMPLEX MOVEMENTS, THE ATHLETE'S OVERALL TAKEOFF SPEED MAY ALSO INCLUDE HORIZONTAL MOTION, WHICH IS RELEVANT IN REAL-GAME SCENARIOS.

FOR OUR PURPOSES, ASSUMING A PURELY VERTICAL JUMP:

- THE TOTAL INITIAL SPEED IS APPROXIMATELY EQUAL TO THE VERTICAL COMPONENT, ABOUT 5.15 m/s.

IF CONSIDERING A MORE COMPREHENSIVE MODEL WHERE SOME HORIZONTAL VELOCITY IS INVOLVED, THE TOTAL TAKEOFF VELOCITY (v_{TOTAL}) CAN BE CALCULATED USING VECTOR ADDITION:

$$v_{\text{TOTAL}} = \sqrt{v_{\text{VERTICAL}}^2 + v_{\text{HORIZONTAL}}^2}$$

SINCE WE HAVE NO DATA ON HORIZONTAL VELOCITY, WE FOCUS ON THE VERTICAL COMPONENT FOR THIS ANALYSIS.

HOW DOES THIS COMPARE TO OTHER NBA PLAYERS?

UNDERSTANDING MORANT'S LEAP IN CONTEXT HELPS APPRECIATE HIS ATHLETIC ABILITY:

- AVERAGE NBA VERTICAL JUMP: APPROXIMATELY 0.75 METERS (AROUND 2.5 FT), WITH ATHLETES REACHING ABOUT 0.9 METERS (AROUND 3 FT).
- ELITE VERTICAL JUMPS: TOP ATHLETES, LIKE MICHAEL JORDAN OR KOBE BRYANT, HAVE MEASURED VERTICALS AROUND 0.9 TO 1.0 METERS.
- JA MORANT'S LEAP: AT 1.35 METERS, MORANT'S VERTICAL LEAP SURPASSES TYPICAL ELITE LEVELS, INDICATING EXCEPTIONAL EXPLOSIVENESS.

THIS REMARKABLE VERTICAL HEIGHT CORRESPONDS TO A VERY HIGH INITIAL TAKEOFF VELOCITY, WHICH TRANSLATES INTO INCREDIBLE HANG-TIME AND ATHLETIC PROWESS ON THE COURT.

THE IMPLICATIONS OF A 1.35M VERTICAL LEAP

HAVING A VERTICAL LEAP OF 1.35 METERS HAS SEVERAL IMPLICATIONS FOR AN ATHLETE LIKE JA MORANT:

ENHANCED SCORING ABILITY

- ABILITY TO DUNK OVER DEFENDERS WITH EASE.
- REACH FOR REBOUNDS AND BLOCKS THAT OTHER PLAYERS CANNOT CONTEST.

IMPROVED DEFENSIVE PRESENCE

- BETTER SHOT-BLOCKING CAPABILITIES.
- INCREASED ABILITY TO CONTEST SHOTS EFFECTIVELY.

OVERALL ATHLETICISM

- DEMONSTRATES SUPERIOR LOWER-BODY STRENGTH AND EXPLOSIVE POWER.
- INDICATES RIGOROUS TRAINING AND CONDITIONING.

ADDITIONAL FACTORS INFLUENCING JUMP HEIGHT

WHILE PHYSICS PROVIDES A CLEAR CALCULATION, ACTUAL JUMP PERFORMANCE DEPENDS ON SEVERAL FACTORS:

- STRENGTH AND POWER OF LEG MUSCLES: STRONGER MUSCLES GENERATE HIGHER TAKEOFF VELOCITIES.
- TECHNIQUE: PROPER JUMPING FORM MAXIMIZES EFFICIENCY AND HEIGHT.
- FLEXIBILITY: ADEQUATE FLEXIBILITY ALLOWS FOR BETTER FORCE TRANSFER DURING TAKEOFF.
- NEUROMUSCULAR COORDINATION: PRECISE MUSCLE ACTIVATION ENHANCES EXPLOSIVE MOVEMENT.

THESE FACTORS COMBINED CONTRIBUTE TO MORANT'S ABILITY TO ACHIEVE SUCH AN IMPRESSIVE VERTICAL LEAP.

CONCLUSION

IN SUMMARY, IF JA MORANT'S VERTICAL LEAP IS 1.35 METERS, HE MUST LEAVE THE GROUND WITH AN INITIAL VERTICAL SPEED OF APPROXIMATELY 5.15 METERS PER SECOND. THIS HIGH TAKEOFF VELOCITY UNDERSCORES HIS EXCEPTIONAL ATHLETIC ABILITY AND EXPLAINS HIS ABILITY TO PERFORM SPECTACULAR DUNKS AND PLAYS. UNDERSTANDING THE PHYSICS BEHIND HIS JUMP NOT ONLY OFFERS INSIGHT INTO HIS SKILLS BUT ALSO HIGHLIGHTS THE INCREDIBLE PHYSICAL CONDITIONING REQUIRED TO REACH SUCH HEIGHTS. AS FANS AND ASPIRING ATHLETES ANALYZE THESE FIGURES, IT BECOMES CLEAR THAT A COMBINATION OF STRENGTH, TECHNIQUE, AND NEUROMUSCULAR COORDINATION IS ESSENTIAL FOR ACHIEVING ELITE VERTICAL LEAP MEASUREMENTS. MORANT'S LEAP IS A TESTAMENT TO THE EXTRAORDINARY ATHLETICISM PRESENT IN TODAY'S NBA STARS, INSPIRING THE NEXT GENERATION OF BASKETBALL PLAYERS TO PUSH THEIR LIMITS.

FREQUENTLY ASKED QUESTIONS

IF JA MORANT HAS A VERTICAL LEAP OF 1.35 METERS, WHAT IS HIS APPROXIMATE TAKEOFF SPEED?

USING THE PHYSICS FORMULA $v = \sqrt{2gh}$, WHERE $g = 9.81 \text{ m/s}^2$, JA MORANT'S TAKEOFF SPEED IS APPROXIMATELY 5.16 M/S.

HOW DO YOU CALCULATE THE INITIAL VELOCITY FOR A VERTICAL LEAP OF 1.35 METERS?

BY APPLYING THE EQUATION $v = \sqrt{2gh}$, SUBSTITUTING $g = 9.81 \text{ m/s}^2$ AND $h = 1.35 \text{ M}$, RESULTING IN AN INITIAL VELOCITY OF ABOUT 5.16 M/S.

WHAT IS THE TOTAL TIME JA MORANT SPENDS IN THE AIR DURING HIS VERTICAL LEAP?

THE TOTAL AIRTIME IS APPROXIMATELY 1.05 SECONDS, CALCULATED AS $t = 2v/g$, WHERE v IS THE TAKEOFF VELOCITY.

HOW LONG DOES JA MORANT STAY AIRBORNE WITH A 1.35M VERTICAL LEAP?

HE STAYS IN THE AIR FOR ROUGHLY 1.05 SECONDS DURING HIS VERTICAL JUMP.

WHAT FACTORS INFLUENCE JA MORANT'S VERTICAL LEAP AND HOW ARE THEY RELATED?

MUSCLE STRENGTH, EXPLOSIVE POWER, AND TECHNIQUE INFLUENCE VERTICAL LEAP; GREATER STRENGTH AND BETTER TECHNIQUE CAN INCREASE BOTH LEAP HEIGHT AND SPEED.

CAN WE ESTIMATE JA MORANT'S TOTAL VERTICAL LEAP IN CENTIMETERS BASED ON THE GIVEN HEIGHT?

YES, 1.35 METERS EQUALS 135 CENTIMETERS, INDICATING A HIGHLY IMPRESSIVE VERTICAL LEAP FOR A BASKETBALL PLAYER.

WHAT IS THE SIGNIFICANCE OF JA MORANT'S VERTICAL LEAP IN BASKETBALL PERFORMANCE?

A VERTICAL LEAP OF 1.35 METERS ALLOWS HIM TO REACH HIGHER FOR SHOTS AND BLOCKS, GIVING HIM A COMPETITIVE EDGE IN GAMEPLAY.

HOW DOES JA MORANT'S VERTICAL LEAP COMPARE TO AVERAGE NBA PLAYERS?

A 1.35-METER LEAP IS SIGNIFICANTLY ABOVE AVERAGE, AS MOST NBA PLAYERS HAVE VERTICALS AROUND 0.75 TO 1 METER, MAKING MORANT'S LEAP EXCEPTIONAL.

WHAT TRAINING METHODS CAN HELP INCREASE A PLAYER'S VERTICAL LEAP SIMILAR TO JA MORANT'S?

PLYOMETRIC EXERCISES, STRENGTH TRAINING, AND TECHNIQUE DRILLS CAN ENHANCE EXPLOSIVE POWER AND IMPROVE VERTICAL JUMP HEIGHT.

ADDITIONAL RESOURCES

IF JA MORANT HAS A VERTICAL LEAP OF 1.35M, THEN WHAT SPEED DOES HE LEAVE THE GROUND AND WHAT IS HIS TOTAL?

IN THE REALM OF PROFESSIONAL BASKETBALL, FEW PLAYERS HAVE CAPTURED ATTENTION WITH THEIR EXPLOSIVE ATHLETICISM QUITE LIKE JA MORANT. KNOWN FOR HIS ELECTRIFYING DRIVES, ACROBATIC FINISHES, AND REMARKABLE LEAPING ABILITY, MORANT HAS BECOME A STANDOUT FIGURE IN THE NBA. A KEY METRIC OFTEN DISCUSSED WHEN EVALUATING A PLAYER'S ATHLETIC PROWESS IS THEIR VERTICAL LEAP—THE HEIGHT THEY CAN REACH WHEN JUMPING FROM A STANDSTILL.

RECENT CLAIMS AND ESTIMATES SUGGEST THAT JA MORANT'S VERTICAL LEAP MAY BE AS HIGH AS 1.35 METERS (APPROXIMATELY 4.43 FEET). THIS FIGURE, IF ACCURATE, PLACES HIM AMONG THE MOST PRODIGIOUS LEAPERS IN BASKETBALL HISTORY. BUT WHAT DOES SUCH A VERTICAL LEAP TRANSLATE TO IN TERMS OF THE SPEED AT WHICH MORANT LEAVES THE GROUND? HOW DOES THIS VELOCITY RELATE TO HIS OVERALL JUMPING MECHANICS? THIS ARTICLE AIMS TO EXPLORE THE PHYSICS BEHIND MORANT'S VERTICAL LEAP, ANALYZE THE IMPLICATIONS OF A 1.35-METER VERTICAL, AND CALCULATE THE INITIAL SPEED NECESSARY FOR SUCH A LEAP.

UNDERSTANDING VERTICAL LEAP AND ITS SIGNIFICANCE

VERTICAL LEAP IS A MEASURE OF THE MAXIMUM VERTICAL HEIGHT AN ATHLETE CAN REACH FROM A STANDSTILL, USUALLY TESTED THROUGH STANDARDIZED TESTS LIKE THE VERTICAL JUMP TEST. IT IS A KEY INDICATOR OF LOWER-BODY EXPLOSIVE POWER, MUSCULAR STRENGTH, AND OVERALL ATHLETICISM.

IN BASKETBALL, A HIGH VERTICAL LEAP:

- ENABLES PLAYERS TO CONTEST SHOTS EFFECTIVELY.
- FACILITATES DUNKING AND FINISHING AT THE RIM.
- PROVIDES A COMPETITIVE EDGE IN REBOUNDING AND SHOT-BLOCKING.

WHILE MANY ELITE ATHLETES POSSESS IMPRESSIVE VERTICALS, THE CLAIM OF A 1.35-METER LEAP IS EXTRAORDINARY. TO CONTEXTUALIZE, THE AVERAGE VERTICAL LEAP IN NBA PLAYERS RANGES FROM ABOUT 0.60M TO 0.90M, WITH EXCEPTIONAL ATHLETES REACHING OVER 1.0M IN RARE CASES. A LEAP OF 1.35 METERS EXCEEDS TYPICAL HUMAN CAPABILITIES, EDGING TOWARD THE REALM OF RECORD-BREAKING ATHLETIC FEATS.

THE PHYSICS OF VERTICAL LEAPS: FROM HEIGHT TO INITIAL VELOCITY

THE CORE PHYSICS PRINCIPLE UNDERLYING VERTICAL JUMPS IS PROJECTILE MOTION. WHEN A PLAYER JUMPS, THEY CONVERT MUSCULAR ENERGY INTO KINETIC ENERGY, PROPELLING THEMSELVES UPWARD. AT THE PEAK OF THE JUMP, THE VERTICAL VELOCITY IS ZERO, AND THE ATHLETE HAS REACHED MAXIMUM HEIGHT.

THE RELATIONSHIP BETWEEN INITIAL VELOCITY (v_0), MAXIMUM HEIGHT (h), GRAVITATIONAL ACCELERATION (g), AND THE PHYSICS FORMULA IS:

$$h = v_0^2 / (2g)$$

WHERE:

- h IS THE VERTICAL LEAP HEIGHT.
- v_0 IS THE INITIAL VELOCITY AT TAKEOFF.
- g IS THE ACCELERATION DUE TO GRAVITY ($\sim 9.81 \text{ m/s}^2$).

REARRANGING THE FORMULA TO SOLVE FOR INITIAL VELOCITY:

$$v_0 = \sqrt{2gh}$$

THIS EQUATION ALLOWS US TO DETERMINE THE VELOCITY NEEDED AT TAKEOFF FOR A GIVEN VERTICAL LEAP HEIGHT.

CALCULATING THE TAKEOFF SPEED FOR A 1.35M VERTICAL LEAP

GIVEN:

- $h = 1.35$ METERS
- $g = 9.81 \text{ m/s}^2$

APPLYING THE FORMULA:

$$v_0 = \sqrt{2 \cdot 9.81 \text{ m/s}^2 \cdot 1.35 \text{ m}}$$

$$v_0 = \sqrt{2 \cdot 9.81 \cdot 1.35}$$

$$v_0 = \sqrt{26.487}$$

$$v_0 \approx 5.147 \text{ m/s}$$

THUS, JA MORANT WOULD NEED TO LEAVE THE GROUND WITH AN INITIAL VERTICAL VELOCITY OF APPROXIMATELY 5.15 METERS PER SECOND TO REACH A HEIGHT OF 1.35 METERS.

INTERPRETING THE RESULT: HOW REALISTIC IS THIS?

A TAKEOFF SPEED OF APPROXIMATELY 5.15 m/s IS AN IMPRESSIVE FIGURE, BUT WITHIN THE REALM OF ELITE ATHLETIC PERFORMANCE. FOR CONTEXT:

- STUDIES OF NBA PLAYERS SUGGEST THAT THEIR VERTICAL LEAP CORRELATES WITH A TAKEOFF VELOCITY TYPICALLY RANGING BETWEEN 4.0 AND 6.0 m/s.
- MICHAEL JORDAN, CONSIDERED ONE OF THE BEST LEAPERS IN HISTORY, IS ESTIMATED TO HAVE A VERTICAL LEAP AROUND 0.92M, CORRESPONDING TO A TAKEOFF SPEED OF ROUGHLY 4.3 m/s.
- ATHLETES WITH VERTICALS EXCEEDING 1.0M OFTEN HAVE TAKEOFF SPEEDS IN THE VICINITY OF 5.0 m/s.

THEREFORE, MORANT'S HYPOTHETICAL 1.35M LEAP REQUIRING A 5.15 m/s TAKEOFF SPEED IS AT THE HIGH END BUT STILL PLAUSIBLE WITHIN THE UPPER LIMITS OF HUMAN EXPLOSIVE CAPACITY, ESPECIALLY FOR AN ELITE ATHLETE WITH EXCEPTIONAL TRAINING AND MUSCLE COMPOSITION.

TOTAL SPEED AND ADDITIONAL COMPONENTS OF JUMPING MECHANICS

WHILE THE INITIAL VERTICAL VELOCITY PROVIDES A PRIMARY UNDERSTANDING OF THE LEAP, REAL-WORLD JUMPS INVOLVE ADDITIONAL FACTORS:

- HORIZONTAL VELOCITY: IF A PLAYER COMBINES A VERTICAL JUMP WITH FORWARD MOTION, THEIR TOTAL VELOCITY VECTOR INCLUDES A HORIZONTAL COMPONENT.
- TAKEOFF ANGLE: OPTIMAL JUMP ANGLES FOR MAXIMUM HEIGHT ARE CLOSE TO 90 DEGREES, MEANING MOST OF THE INITIAL VELOCITY IS DIRECTED VERTICALLY.
- MUSCLE MECHANICS: THE MUSCLES INVOLVED—PRIMARILY THE QUADRICEPS, GLUTES, AND CALVES—MUST GENERATE RAPID FORCE TO ACHIEVE THE REQUIRED INITIAL VELOCITY.

IN THE CONTEXT OF PURE VERTICAL LEAP:

- THE TOTAL INITIAL SPEED AT TAKEOFF IS ESSENTIALLY THE VERTICAL COMPONENT (ASSUMING NO HORIZONTAL MOVEMENT).
- IF MORANT WERE JUMPING WITH SOME FORWARD MOMENTUM, THE TOTAL INITIAL SPEED WOULD BE A VECTOR SUM OF VERTICAL AND HORIZONTAL VELOCITIES.

IMPLICATIONS FOR JA MORANT'S ATHLETIC PROFILE

ASSUMING MORANT POSSESSES A VERTICAL LEAP OF 1.35 METERS, THIS WOULD:

- PLACE HIM AMONG THE MOST ATHLETIC GUARDS IN NBA HISTORY.
- INDICATE EXTRAORDINARY LOWER-BODY POWER AND NEUROMUSCULAR EFFICIENCY.
- SUGGEST A HIGH LEVEL OF TRAINING FOCUS ON EXPLOSIVE STRENGTH.

MOREOVER, SUCH A VERTICAL LEAP WOULD BE A SIGNIFICANT ADVANTAGE IN GAMEPLAY, ALLOWING MORANT TO:

- CONTEST AND BLOCK SHOTS EFFECTIVELY.
- EXECUTE HIGH-FLYING DUNKS WITH EASE.
- ELEVATE ABOVE DEFENDERS FOR REBOUNDS AND FINISHES.

LIMITATIONS AND CONSIDERATIONS

WHILE THE CALCULATIONS PROVIDE AN IDEALIZED VIEW, SEVERAL REAL-WORLD FACTORS INFLUENCE ACTUAL JUMPING ABILITY:

- BODY MASS: HEAVIER ATHLETES NEED MORE FORCE TO ACHIEVE THE SAME HEIGHT.
- JUMP TECHNIQUE: PROPER TECHNIQUE CAN MAXIMIZE TAKEOFF VELOCITY.
- FATIGUE AND INJURY: THESE MAY LIMIT MAXIMAL PERFORMANCE.
- MEASUREMENT ACCURACY: ESTIMATING VERTICAL LEAPS INVOLVES SOME APPROXIMATION; ACTUAL VALUES CAN VARY.

FINAL THOUGHTS: CAN MORANT ACHIEVE SUCH A VERTICAL?

THE PHYSICS SUGGEST THAT A 1.35-METER VERTICAL LEAP IS THEORETICALLY ACHIEVABLE FOR AN ELITE ATHLETE WITH A TAKEOFF SPEED AROUND 5.15 M/S. HISTORICAL DATA ON NBA ATHLETES INDICATES THAT SUCH A LEAP, WHILE RARE, IS WITHIN THE BOUNDS OF HUMAN CAPABILITY.

IF MORANT INDEED POSSESSES SUCH AN EXTRAORDINARY VERTICAL, IT UNDERSCORES HIS EXCEPTIONAL ATHLETICISM AND EXPLOSIVENESS—TRAITS THAT HAVE PROPELLED HIS RISE IN THE LEAGUE.

IN CONCLUSION, UNDERSTANDING THE PHYSICS BEHIND VERTICAL JUMPS NOT ONLY ENHANCES OUR APPRECIATION OF MORANT'S ATHLETIC FEATS BUT ALSO ILLUMINATES THE INCREDIBLE HUMAN CAPACITY FOR EXPLOSIVE POWER. WHETHER OR NOT MORANT'S VERTICAL REACHES 1.35 METERS, THE CALCULATIONS REVEAL THAT TO LEAVE THE GROUND AT THE HEIGHTS AND SPEEDS ASSOCIATED WITH SUCH A LEAP, AN ATHLETE MUST GENERATE REMARKABLE INITIAL VELOCITIES—TESTAMENT TO THE EXTRAORDINARY PHYSICAL CAPABILITIES OF TOP-TIER BASKETBALL PLAYERS.

If Ja Morant Has A Vertical Leap Of 1.35m Then What Speed Does He Leave The Ground And What Is His Total

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