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Subject: Re: Double Backflip of a Swing ?  
Posted by [R315r4z0r](#) on Thu, 28 Aug 2008 13:02:13 GMT  
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Buy a pair of those weighted straps and tie them around your ankles for a few days. (Like 20lbs each).

Keep them on all day and do some sort of jumping exercises to speed up the process.

By the time you take them off, you will be able to run faster and jump higher. The only problem is, is if you don't have a pair laying around, they cost like \$40-50...

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