

TEST TWO Vertical Jump

The Vertical Jump Test is designed to measure your lower body explosive power; the higher you can jump, the more power you have in your legs.

WHAT YOU'LL NEED

-  3m x 3m floor space.
-  A camera that can record in 240 fps slow motion. *Can be a phone.*
-  A friend to help film.

HOW TO COMPLETE THE TEST

- 1** Ensure your 3m x 3m testing area is clear of obstruction.
- 2** Place your video camera approximately 5m away. You should be able to see your feet, body and arms up to your shoulders.
- 3** Be sure to perform one practice jump prior to recording to ensure you are familiar with the below guidelines and the camera is positioned correctly.
- 4** Stand with your feet shoulder width apart in your testing area. Stand tall then bend your knees for maximum explosive power.
- 5** When you're ready to jump, hit record. Ensure you include take off and landing in your recording.
- 6** When jumping, keep your legs as straight as possible (no tucking knees or piking) until landing with slightly bent knees on your toes. Do not land on your heels.
- 7** You have three attempts to get what you feel is your best attempt, and submit your best effort – we will measure how long you are in the air (time between take off and landing) in order to generate a metric for analysis.
- 8** Give yourself at least 30 seconds recovery between each attempt.

✓ Swing your arms from back to front prior to launching to achieve maximum jump height.

✓ Extend your arms above your head when jumping.

✗ Windmilling or helicoptering.

✓ Land on your toes.

BE SURE
TO WARM UP FOR
AT LEAST 20 MINUTES
BEFORE STARTING
THIS TEST

CHECK OUT
OUR WARM UP
GUIDE!

5 METERS
AWAY



TRAINING
GROUND



PERFORMANCE Results

Use YouTube to determine your 20m Running Sprint or Vertical Jump performance results, following the below steps.

WHILE VIEWING YOUR SPRINT AND/OR VERTICAL JUMP VIDEO ON YOUTUBE

Right click while in video view mode.

Select "stats for nerds".

The bottom row of data "Mystery Text" is used as timer (the data that follows "t:0.00")

< or > keys are used to advance or rewind your video frame by frame.

For the 20m sprint, the start is determined as the 1st frame where athlete movement is detected and the finish will be determined as the frame where the athlete's torso crosses the 20m finish line.

For the vertical jump, the start is the first frame where both feet leave the ground and the finish is the first frame where one foot touches the ground.

Subtract the start time from finish time.

Record the lowest score for 20m running sprint.

Record the highest score for vertical jump.

Record times in milliseconds (i.e. 0.00).

Unlock your potential.

