

## Standing Vertical Jump - Explosive Power

One of the classic power tests. This is excellent for basketball and volleyball players but it's certainly not just limited to those athletes. If your sport involves jumping this test applies to you...

1. Chalk your hand and stand next to a wall. Reach up with your hand closest to the wall and make a mark. Remember to keep your feet flat on the floor.
2. Bending your knees at right angles, jump as high as possible to make another mark.
3. Measure the distance between the two marks and repeat a total of 3 times. Take your best score of the 3 trials.

Jump height can be converted into a power using the following formula...

$$\text{Power} = \text{Body mass(kg)} \times (4.9 \times \text{height jumped in meters})^2$$

So for example if you weigh 80kg (multiply your weight in lbs by 2.2) and jumped 50cm (0.5m) your score would be...

$$80 \times (4.9 \times 0.5)^2$$

$$= 80 \times (2.45 \times 2.45)$$

$$= 480\text{kg-m}$$

Going back to your original score (the height you jumped) compare it to the graph below...

Vertical Jump Test					
	Poor	Below average	Average	Good	Excellent
Males	<46cm	50cm	55cm	60cm	>65cm
Females	<36cm	40cm	45cm	50cm	>55cm