

# 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** Using the timestamp on YouTube, you will measure how long you are in the air (time between takeoff 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.

