

# **COUNTERMOVEMENT JUMP HEIGHT**



**What the normative data says:**

Compare your scores to normatives from thousands of athletes' personal bests in countermovement jump.



# Standard CMJ:

## Jump Height:

1st-10th Percentile	16 - 23cm
10th-30th Percentile	23 - 30cm
30th-50th Percentile	30 - 36cm
50th-70th Percentile	36 - 41cm
70th-90th Percentile	41 - 50cm
90th-100th Percentile	50 - 96cm



# CMJ (arms free):

## Jump Height:

1st-10th Percentile	17 - 26cm
10th-30th Percentile	26 - 33cm
30th-50th Percentile	33 - 40cm
50th-70th Percentile	40 - 47cm
70th-90th Percentile	47 - 57cm
90th-100th Percentile	57 - 136cm





# CMJ (unilateral):

## Jump Height:

1st-10th Percentile	6 - 11cm
10th-30th Percentile	11 - 15cm
30th-50th Percentile	15 - 18cm
50th-70th Percentile	19 - 22cm
70th-90th Percentile	22 - 27cm
90th-100th Percentile	27 - 60cm



# Download our free eBook 'Leveraging Normative Data 2.0'



With all new exercises, metrics and updated information.