

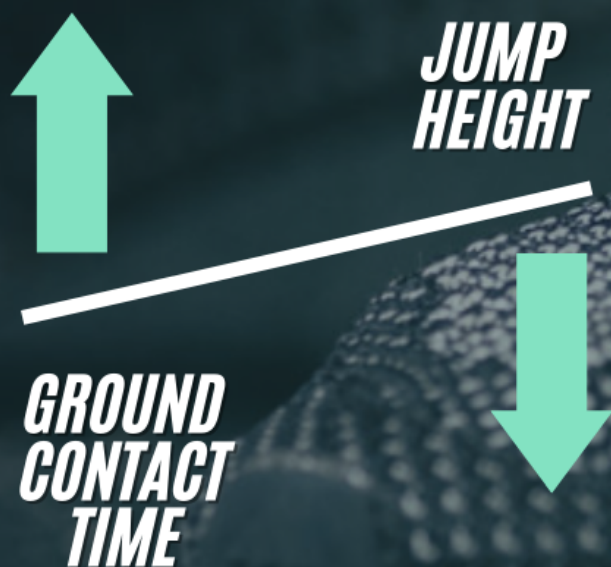
WHAT IS THE REACTIVE STRENGTH INDEX?



Benefits of plyometric training for improving vertical jump ability and leg muscle power.

In brief

The reactive strength index (RSI) has been established as a **measure of explosive strength** and demonstrates how athletes perform plyometric activities. It is a simple ratio involving two metrics: How **high** can you jump? How **fast** can you jump?



The athlete's capability to **rapidly change** from an **eccentric to a concentric contraction** represents their RSI.

Benefits & applications:

Effectively moving through the stretch-shortening cycle is important for many sports. Improving an athlete's RSI will potentially allow for improvement across a wide range of movements, improve vertical jump ability and develop leg muscle power. RSI is used as an athlete-monitoring tool because of its ability to assess an athlete's:



Neuromuscular fatigue



Readiness to train



Adaptation to the training and competition process



Efficacy of tapering or "peaking" strategies



Proximity to overtraining



Optimal drop height for drop-jump training

Testing methods:

The reactive strength index has many valid and reliable tests, many of which can be recorded using Output Sports technology. To name a few:



Drop Jumps



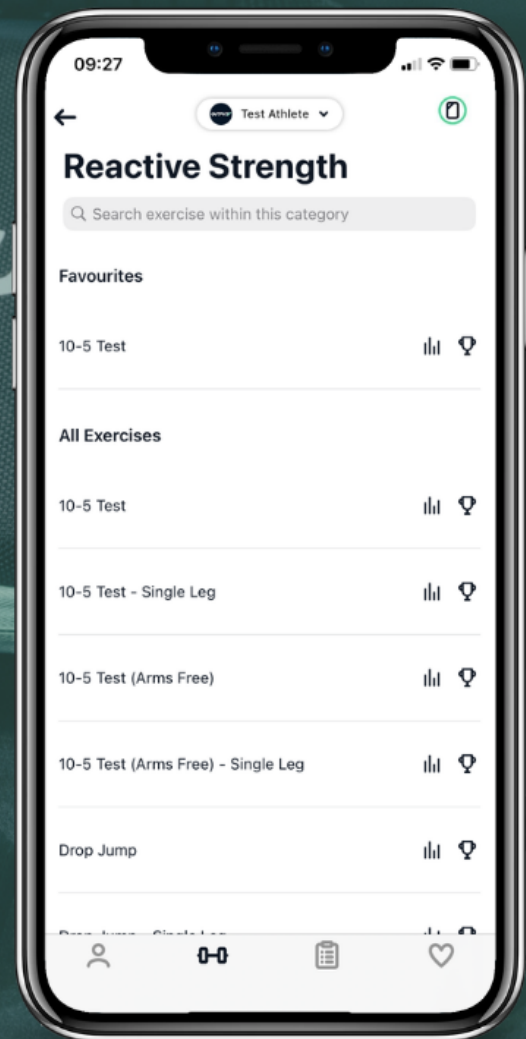
Repeated Jumps



10-5 Test



Rebound Jump Test



Try RSI today:

To objectively quantify athletes' fast stretch-shortening cycle to improve vertical jump ability and leg muscle power



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