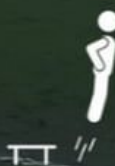




1.78
RSI
REPEATED JUMPS



REACTIVE STRENGTH INDEX

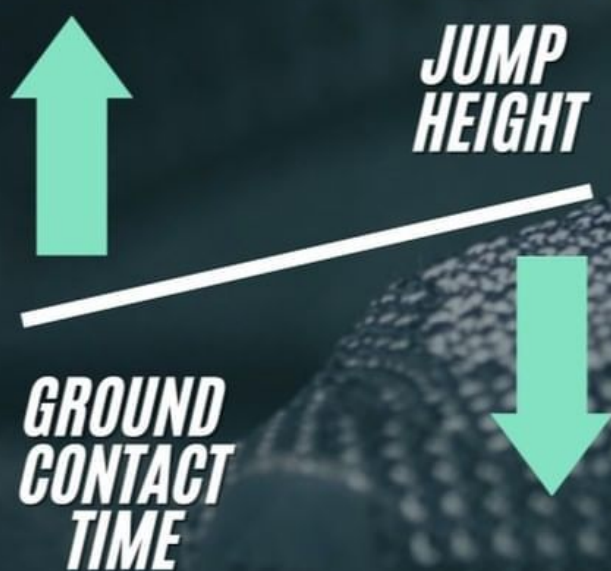
Normative Data:



1.83
RSI
REPEATED JUMPS

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.

Normative data:

| Percentile | RSI Score |
|-----------------------|-----------|
| 1st-10th Percentile | 0.2 - 0.5 |
| 11th-30th Percentile | 0.5 - 0.8 |
| 30th-50th Percentile | 0.8 - 1.1 |
| 50th-70th Percentile | 1.1 - 1.3 |
| 70th-90th Percentile | 1.3 - 1.7 |
| 90th-100th Percentile | 1.7 - 2.9 |

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



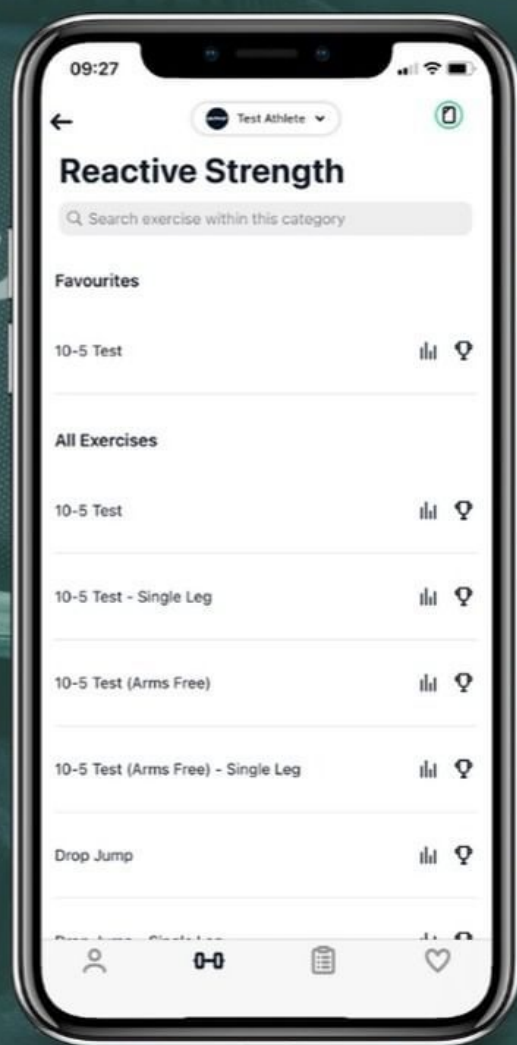
Repeated Jumps



10-5 Test



Rebound Jump Test



Download our free 'Leveraging Normative Data' eBook today!



Access via the link in our bio!