

For a correct execution of a repeated counter movement jump (RCMJ):

- stand assuming a vertical posture with hands placed on waist
- upon acoustic signal, start performing repeated counter movement jumps for the number of seconds chosen (15, 30, 45, 60), maintaining hands on waist.
- an acoustic signal is provided to indicate jumping termination, after which you can stop jumping.

RCMJ analyzed variables:

- maximum jump height (m)
- average jump height (m)
- average flight time (s)
- average contact time (s)
- average power (W/kg)
- fatigue index (%)
- average reactivity index
- best jump number
- number of jumps

Furthermore, for each jump, the following variables are analyzed:

- contact time (s)
- flight time (s)
- jump height (m)
- average power (W/kg)
- reactivity index