

For a correct execution of a squat jump (SJ):

- stand assuming a vertical posture with hands placed on waist
- upon acoustic signal, make a preliminary downward movement by flexing the knees and hips until you reach approximately 45 degrees of knee flexion and maintain this posture
- upon another acoustic signal, immediately extend the knees and hips to jump vertically up off the ground maintaining hands on waist
- upon landing, smoothly flex knees and hips and then reassume a standing vertical posture, keeping hands on waist, and wait for the last acoustic signal.

SJ analyzed variables:

- jump height (m)
- flight time (s)
- maximum velocity (m/s)
- maximum force (N/kg)
- maximum power (W/kg)
- concentric work (J/kg)