

For a correct execution of a stiffness test:

- stand assuming a vertical posture with hands placed on waist
- upon acoustic signal, perform an initial counter movement jump after which perform 7 hopping jumps flexing minimally your knee.
- after the 7th jump, reassume vertical standing posture and wait for final acoustic signal.

Stiffness analyzed variables:

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

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

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