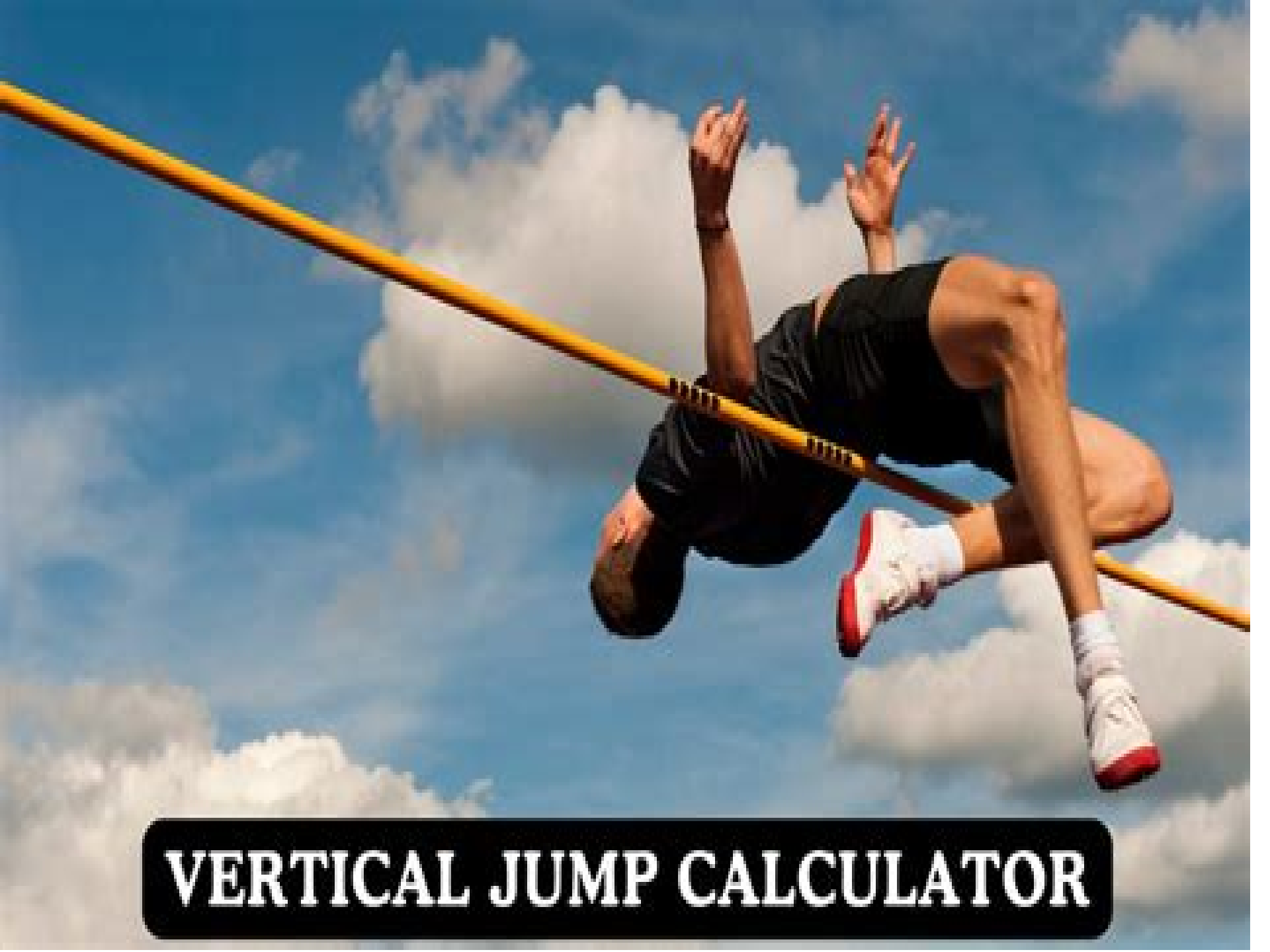




# VERTICAL JUMP CALCULATOR

# Taylor Allan Vertical Jump Formula

**Taylor Miller**



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**Frontiers in Offshore Geotechnics II** Susan Gourvenec,David White,2010-10-04 Frontiers in Offshore Geotechnics II comprises the Proceedings of the Second International Symposium on Frontiers in Offshore Geotechnics ISFOG organised by the Centre for Offshore Foundation Systems COFS and held at the University of Western Australia UWA Perth from 8 10 November 2010 The volume addresses current and emerging challenges

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**The Effect of Plyometric Training on Dancers' Vertical Jump Height** Mary Lou Taylor,1986 **The Effects of Warm-Up on Vertical Jump and Sprint Performance** Taylor Miller,2015 **The Effectiveness of Vertical Jump Protocol to Determine to Play Guidelines, Post ACL Reconstruction** Taylor L. Fredrickson,2019 *The Vertical Jump Secrets* Scottie Flippen,2016-12-21 All the secrets to jumping higher Learn how gain 10 12 inches on your vertical jump Learn exactly how to dunk a basketball A must for anyone looking to improve their vertical jump Learn the exact secrets that the professionals use to increase their vertical jump

*Estimation of Human Power Output from Maximal Vertical Jump and Body Mass* Everett A. Harman,Michael T. Rosenstein,Peter N. Frykman,Richard M. Rosenstein,William J. Kraemer,ARMY RESEARCH INST OF ENVIRONMENTAL MEDICINE NATICK MA.,1988 The Lewis formula and nomogram published in widely distributed textbooks are used to calculate power output from vertical jump and reach distance and body weight Despite the fact that the method has never been supported by refereed journal publication and the texts never revealed whether peak or average power was being estimated the test has become increasingly used by physical educators coaches and researchers Theoretical analysis has raised questions about the the formula s validity In order to evaluate the test Lewis formula derived power output was compared to peak power and average power generated by 17 male subjects jumping vertically from a computer interfaced force plate Use of the Lewis formula should be discontinued because it does not

provide accurate estimates of either peak or average power produced by the muscles While the force platform technique remains the method of choice for precise jumping power determinations in the laboratory the above equations can be used in conjunction with other tests to screen applicants for athletic teams and physically demanding jobs and to monitor progress among participants in physical training and programs

Keywords Lewis formula Force platform Tests kt

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