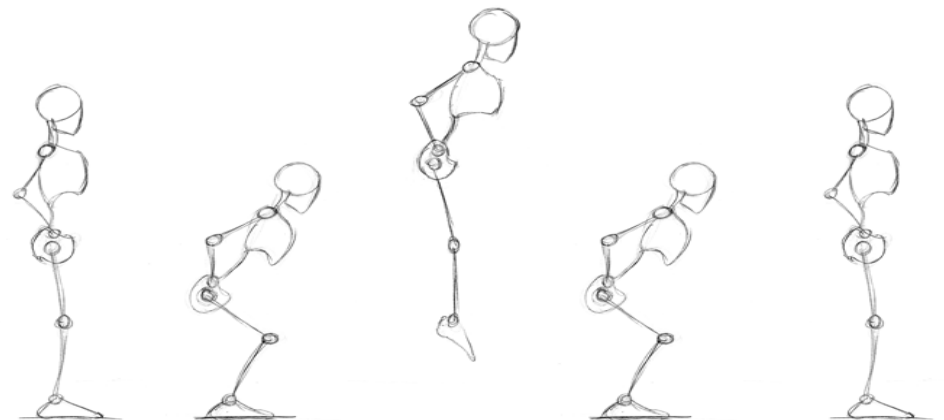


How much should you jump?

Reproducibility evaluation of a 3-dimensional fatigability countermovement jump test



33bpm ≈ 1"82

countermovement jump **not** drop jump

explore (neuro-)muscular fatigability

nineteen volleyball players & two tests

all partial sums per interval of one jump **considered**

25 CMJ

best compromise between reliability & physiological interpretability

Julien Paulus
Cédric Schwartz

François Tubez
Jean-Louis Croisier

julien.paulus@ulg.ac.be

