

# PPS STANDARDS

The Plyomat Power Score prices body weight and bar load into the jump. Two athletes can clear the same height, but the one moving more total mass did more work. PPS is the number that says so. Methodology by Scott Leech.

$$\text{PPS (ft}\cdot\text{lb)} = (\text{Body Weight} + \text{Load, lb}) \times \text{Jump Height (ft)}$$

Bodyweight-only testing: Load = 0 · Loaded stages: add the bar or vest weight

STANDARDS · BODYWEIGHT JUMP

| LEVEL         | MALE      | FEMALE    |
|---------------|-----------|-----------|
| WORLD CLASS   | > 600     | > 450     |
| ELITE         | 500 – 600 | 350 – 450 |
| ADVANCED      | 400 – 500 | 250 – 350 |
| EFFICIENT     | 300 – 400 | 150 – 250 |
| DEVELOPMENTAL | 200 – 300 | 50 – 150  |
| POOR          | 100 – 200 | 0 – 50    |

WORKED EXAMPLE



THE POWER PROFILE

**MULTI-STAGE TESTING**

Power Profile mode runs the jump at climbing load stages, bodyweight, then +15%, +25%, +35% (or 0 / 25 / 50 / 75% for the high-load profile). Each stage gets its own PPS.

**READ THE CURVE**

Plot PPS across the stages. An athlete whose score collapses as load climbs is speed-reliant; one whose score holds is force-reliant. That is the force-velocity continuum on one screen.

**PROGRAM FROM IT**

Speed-reliant athletes earn their next gains under load; force-reliant athletes earn theirs moving fast and light. Retest the profile each block and train the weak end.

Standards: Plyomat assessment guidelines, 2026 edition, methodology by Scott Leech. Levels apply to the bodyweight stage; loaded stages are best compared athlete-to-self across a season. Weigh in before testing, PPS is only as honest as the body weight behind it.

