

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

185

BODY WEIGHT (LB)

+45

BAR LOAD (LB)

2.1

JUMP HEIGHT (FT)

483

PPS · ADVANCED

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.

