

UNILATERAL RSQ

One leg is not half of two. A single-leg rebound produces roughly half the height of a bilateral jump on a meaningfully longer contact, so grading it on the bilateral quadrant zones every athlete Developing. The Single-Leg preset resizes the quadrant to what one leg can honestly do, and the app applies it automatically on unilateral assessments.

SINGLE-LEG MIDPOINTS · 6 IN / 280 MS · AUTO-APPLIED



WHAT TRAINED ATHLETES POST SINGLE-LEG · SL 4/2, BETTER LEG

MARKER	25TH %ILE	MEDIAN	75TH %ILE	90TH %ILE
SL RSI (4/2)	1.41	1.67	1.87	2.11
SL JUMP HEIGHT	24.4 cm · 9.6"	31.7 cm · 12.5"	38.5 cm · 15.2"	41.4 cm · 16.3"

Aggregate testing data, 75–83 trained youth and high-school athletes at a partner development facility. Note the scale: a 2.0 single-leg RSI is roughly what 3.5 is bilaterally.

LEFT VS RIGHT IS THE POINT

