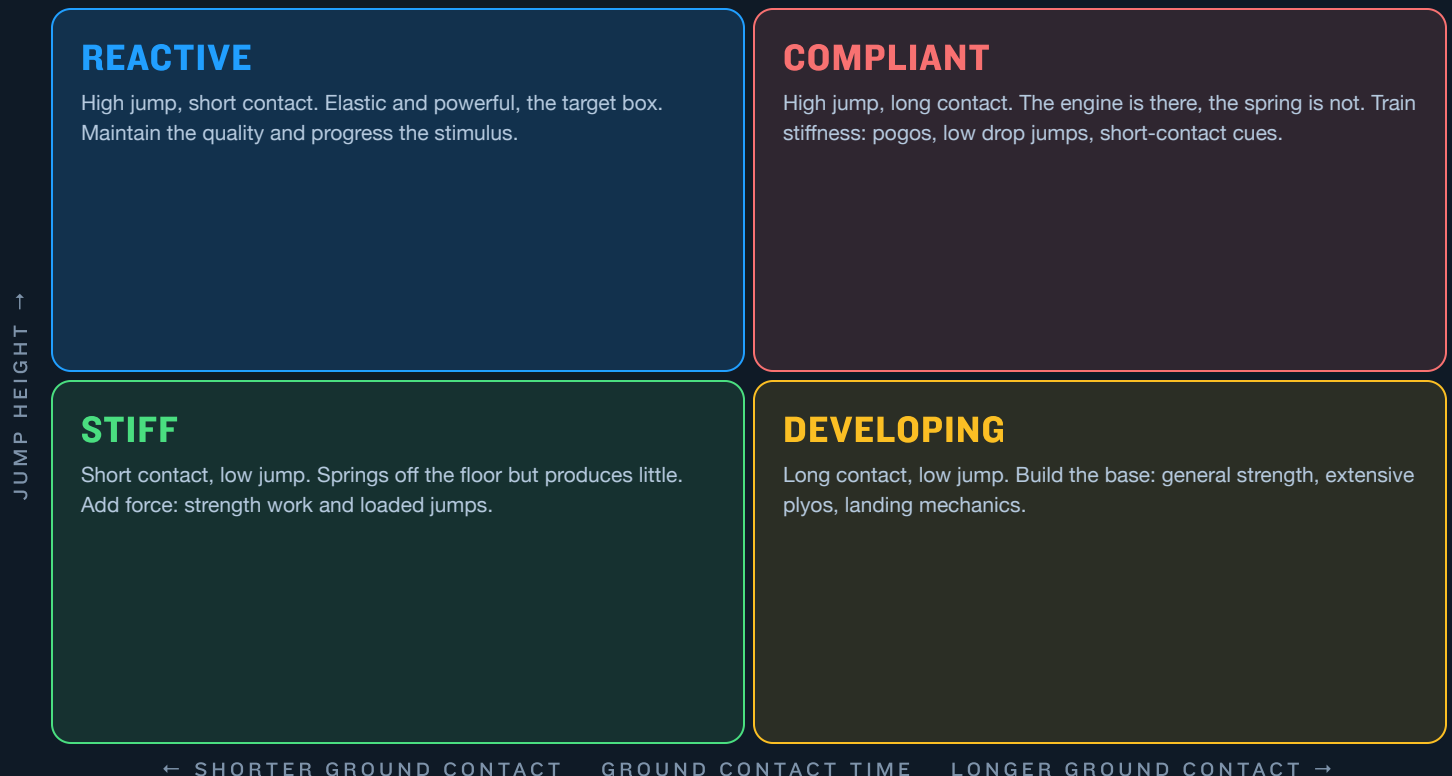


THE REACTIVE STRENGTH QUADRANT

Every rep lands somewhere on two axes: how high the athlete jumped, and how long they spent on the ground producing it. The RSQ zones each rep live: Reactive, Compliant, Stiff, or Developing. You stop guessing what an athlete needs and read it off the mat instead.

THE FOUR ZONES · DEFAULT MIDPOINTS 10 IN / 200 MS



HOW TO READ A SESSION

ZONE THE CLUSTER, NOT THE REP

One rep is noise. Ten reps make a cluster, and the cluster is the athlete's current strategy. A tight cluster in one zone is a clear training address.

WATCH THE DRIFT

Reps drifting from Reactive toward Compliant inside a session is fatigue arriving in real time. End the set when the cluster moves, quality over volume.

MOVE THE MIDPOINTS

The lines are presets, not laws. Beginner, Default, Advanced, and Single-Leg presets resize the quadrant to the athlete in front of you, see the presets chart.

