

SL RSI STANDARDS

Reactive strength, one leg at a time. The SL 4/2 test, four hops per leg with the best two counting, shows whether each leg can recycle force on its own. Scores run near half the bilateral scale, so grade them on this chart, not the two-leg one.

$$\text{RSI} = \text{Flight Time} \div \text{Contact Time} \cdot \text{per leg, SL 4/2 protocol}$$

The app auto-applies the Single-Leg RSQ preset (6" / 280 ms) on unilateral assessments

WHAT TRAINED ATHLETES POST · BETTER LEG, BEST SET

PERCENTILE	MALE (N=49)	FEMALE (N=8) PROVISIONAL	ALL (N=83)
95TH	2.29	2.03	2.27
90TH	2.17	1.98	2.11
75TH	1.91	1.88	1.87
MEDIAN	1.74	1.68	1.67
25TH	1.52	1.59	1.41
10TH	1.14	1.41	1.12

Aggregate data from a partner development facility; per-leg set value is the average of the best two hops. Quick conversion for coaches: a 2.0 single-leg RSI is roughly the same statement a 3.5 makes bilaterally.

COACH'S READ

GRADE THE GAP FIRST

Median between-leg RSI gap is about 7%; past 15% is a top-decile gap and a genuine flag. Reactive asymmetry often shows before jump-height asymmetry does.

CONTACT TIME TELLS THE STRATEGY

Single-leg contacts run longer, the observed working range is roughly 230–280 ms. A leg that only scores by stretching contact past 300 ms is muscling, not bouncing.

BUILD IT IN ORDER

Own single-leg landings, then hops in place, then the SL 4/2 for score. Reactive single-leg work is the highest-value, highest-demand plyo there is, earn it.

