

SL VERTICAL STANDARDS

Sport happens one leg at a time. The single-leg vertical shows what each leg can produce on its own, and the difference between them is often the most important number on the report. Test both sides, three reps each, best rep per leg.

WHAT TRAINED ATHLETES POST · BETTER LEG, BEST REP

PERCENTILE	MALE (N=47)	ALL (N=75)	≈ % OF TWO-LEG JUMP
95TH	48.3 cm · 19.0"	46.9 cm · 18.5"	~72%
90TH	44.4 cm · 17.5"	41.4 cm · 16.3"	~68%
75TH	39.4 cm · 15.5"	38.5 cm · 15.2"	~66%
MEDIAN	34.7 cm · 13.7"	31.7 cm · 12.5"	~69%
25TH	30.5 cm · 12.0"	24.4 cm · 9.6"	~66%
10TH	23.5 cm · 9.3"	18.6 cm · 7.3"	~60%

Aggregate data from a partner development facility. Rule of thumb that the data supports: one good leg jumps roughly two-thirds of what both legs do together. An athlete far under that ratio has single-leg capacity to claim; see the Bilateral Deficit chart for the flip side.

THE BETWEEN-LEG GAP

0 - 8%

TRAIN ON

The observed median gap between legs is about 5%, perfectly normal. Note the direction, change nothing.

8 - 15%

MONITOR

A quarter of trained athletes live here. Add single-leg volume on the lagging side and retest inside two weeks.

> 15%

FLAG

Top-decile gaps (the observed 90th percentile is ~16%) deserve investigation, history, mechanics, and a plan to close before stacking reactive load.

