

PLYOMAT VS JUST JUMP

The Just Jump mat earned its place in weight rooms, thousands of coaches learned jump testing on one. Plyomat is what the same idea looks like rebuilt for 2026: the switch-mat concept, with a measurement platform behind it.

SIDE BY SIDE

	PLYOMAT	JUST JUMP
TIMING RESOLUTION	✓ 0.001 s contact and flight timing	Handheld-computer era timing, coarser steps
WHAT YOU GET PER REP	✓ JH, contact time, RSI, DRI, RSQ zone, asymmetry, every rep captured	Jump height (and 4-jump RSI variant) on the handset, then it's gone
ATHLETE PROFILES	✓ Cloud profiles, PRs, trends, group sessions, leaderboard	✗ No memory; numbers live on a clipboard
SOFTWARE	✓ Free app for hardware owners, no subscription, no per-seat, no paywall	✗ Standalone handset, no app ecosystem
ASSESSMENTS	✓ 8 modes, 7 built-in assessments, unlimited custom protocols	Vertical and basic 4-jump modes
MODERN METRICS	✓ DRI (drop-height aware), live RSQ, PPS load profiling	✗ Pre-dates all three
BIG-SCREEN COACHING	✓ Plyomat TV, multi-station sync, 10 languages, Open API	✗ Handset display only

THE HONEST PART

WHAT JUST JUMP GOT RIGHT

Durable, simple, instant. No pairing, no accounts, a number in seconds. If a program only ever wants one vertical-jump number on test day, it still does that.

WHERE THE CEILING IS

The number dies on the handset. No history, no reactive profile, no asymmetry, no way to compare a September athlete to their March self without a spreadsheet.

THE SWITCH THAT MATTERS

Same familiar mat workflow: step on, jump, read the screen. But every rep lands in a profile that compounds season over season. That is the actual upgrade.

