



WHEELER JUMP:
SUPPORT SHEETS

CONVERSION

CENTIMETERS TO INCHES

Chart Centimeters to Inches

cm	in	cm	in	cm	in	cm	in	cm	in
15	5.91	28	11.02	41	16.14	54	21.26	67	26.38
16	6.30	29	11.42	42	16.54	55	21.65	68	26.77
17	6.69	30	11.81	43	16.93	56	22.05	69	27.17
18	7.09	31	12.20	44	17.32	57	22.44	70	27.56
19	7.48	32	12.60	45	17.72	58	22.83	71	27.95
20	7.87	33	12.99	46	18.11	59	23.23	72	28.35
21	8.27	34	13.39	47	18.50	60	23.62	73	28.74
22	8.66	35	13.78	48	18.90	61	24.02	74	29.13
23	9.06	36	14.17	49	19.29	62	24.41	75	29.53
24	9.45	37	14.57	50	19.69	63	24.80	76	29.92
25	9.84	38	14.96	51	20.08	64	25.20	77	30.31
26	10.24	39	15.35	52	20.47	65	25.59	78	30.71
27	10.63	40	15.75	53	20.87	66	25.98	79	31.10

CONVERSION

KILOGRAMS TO POUNDS

Chart Kilograms to Pounds

kg	lb	kg	lb	kg	lb	kg	lb	kg	lb	kg	lb	kg	lb
3577.00	48105.60	61134.20	74162.80	87191.40	100220.00	113248.60							
3679.20	49107.80	62136.40	75165.00	88193.60	101222.20	114250.80							
3781.40	50110.00	63138.60	76167.20	89195.80	102224.40	115253.00							
3883.60	51112.20	64140.80	77169.40	90198.00	103226.60	116255.20							
3985.80	52114.40	65143.00	78171.60	91200.20	104228.80	117257.40							
4088.00	53116.60	66145.20	79173.80	92202.40	105231.00	118259.60							
4190.20	54118.80	67147.40	80176.00	93204.60	106233.20	119261.80							
4292.40	55121.00	68149.60	81178.20	94206.80	107235.40	120264.00							
4394.60	56123.20	69151.80	82180.40	95209.00	108237.60	121266.20							
4496.80	57125.40	70154.00	83182.60	96211.20	109239.80	122268.40							
4599.00	58127.60	71156.20	84184.80	97213.40	110242.00	123270.60							
46101.20	59129.80	72158.40	85187.00	98215.60	111244.20	124272.80							
47103.40	60132.00	73160.60	86189.20	99217.80	112246.40	125275.00							

INDIVIDUAL JUMPS

SQUAT JUMP

Assess the explosive concentric capacity related to:

- * Vertical Jump
- * Acceleration actions in short distances
- * Video: https://youtu.be/WekZ78iBD_8?t=274

CHART OF REFERENCE (POPULATION OVER 16 YEARS OLD)

MEN	Height (cm) (In)	Level
	20-25 /// 7.8-9.8	Very Low
	26-30 /// 10.2-11.8	Low
	31-35 /// 12.2- 13.78	Good
	36-40 /// 14.1 – 15.7	Very Good
	41+ /// 16.4	Excellent

WOMEN	Height [cm]	Level
	15-20 /// 5.9-7.8	Very Low
	21-25 /// 8.2-9.8	Low
	26-30 /// 10.2-11.8	Good
	31-35 /// 12.2-13.7	Very Good
	36+ /// 14.1	Excellent

INDIVIDUAL JUMPS

CMJ

Assess the eccentric capacity related to:

- * Deceleration
- * Change of direction
- * Hard landing improvement
- * Video: https://youtu.be/WekZ78iBD_8?t=321

CHART OF REFERENCE (POPULATION OVER 16 YEARS OLD)

MEN	Height (cm) (In)	Level
	30-35 /// 11.8-13.7	Very Low
	36-40 /// 14.1-15.7	Low
	41-45 /// 16.1-17.7	Good
	46-50 /// 18.1- 19.6	Very Good
	51+ /// 20	Excellent

WOMEN	Height (cm) (In)	Level
	20-25 /// 7.8-9.8	Very Low
	26-30 /// 10.2-11.8	Low
	31-35 /// 12.2-13.7	Good
	36-40 /// 14.1-15.7	Very Good
	41+ /// 16.4	Excellent

INDIVIDUAL JUMPS

ABK/ROCK

Assess the jumping capacity using arms related to:

* Reach with arms in sports as volleyball, basketball and soccer.

* Video: https://youtu.be/WekZ78iBD_8?t=330

CHART OF REFERENCE (POPULATION OVER 16 YEARS OLD)

MEN	Height (cm) (In)	Level
	35-40 /// 13.7-15.7	Very Low
	41-45 /// 16.1-17.7	Low
	46-50 /// 18.1-19.6	Good
	51-55 /// 20-21.6	Very Good
	56+ /// 22	Excellent

WOMEN	Height (cm) (In)	Level
	30-35 /// 11.8-13.7	Very Low
	36-40 /// 14.1-15.7	Low
	41-45 /// 16.1-17.7	Good
	46-50 /// 18.1-19.6	Very Good
	51+ /// 20	Excellent

INDIVIDUAL JUMPS

CMJ 20 kg

Assess the jump capacity with weight related to:

- * Control of athlete power.

- * Video: https://youtu.be/WekZ78iBD_8?t=343

THERE IS NOT CHART OF REFERENCE PRESENTED BECAUSE IT DEPENDS OF THE TRAINING CONDITION OF EACH ATHLETE.

INDIVIDUAL JUMPS

JUMP WITH HANDS

Assess upper body power.

* Video: https://youtu.be/WekZ78iBD_8?t=349

THERE IS NOT CHART OF REFERENCE PRESENTED BECAUSE IT DEPENDS OF THE TRAINING CONDITION OF EACH ATHLETE.

NEUROMUSCULAR PROFILE

Initial assessment before beginning process with an athlete:

Assess:

- * Prescription of concentric (SJ), eccentric (CMJ) and reactive (continuous jumps) training capacities.
- * Determine unbalances on neuromuscular profile.
- * Video: https://youtu.be/WekZ78iBD_8?t=363

CHART OF REFERENCE (POPULATION OVER 16 YEARS OLD) cm / In

	Men				Women			
Jump	SJ	CMJ	CON	Q	SJ	CMJ	CON	Q
Low	cm 20-25 In 7.8-9.8	cm 25-30 In 9.8-11.8	cm 20-25 In 7.8-9.8	0.5-0.8	cm 15-20 In 5.9-7.8	cm 20-25 In 7.8-9.8	cm 15-20 In 5.9-7.8	0.2-0.5
Below Average	cm26-30 In 10.2-11.81	cm 31-35 In 12.2-13.7	cm26-30 In 10.2-11.81	0.9-1.5	Cm 21-25 In 8.2-9.8	cm26-30 In 10.2-11.81	Cm 21-25 In 8.2-9.8	0.6-1.2
Average	cm 31-35 In 12.2-13.7	cm 36-40 In 14.1-15.7	cm 31-35 In 12.2-13.7	1.6-1.8	cm26-30 In 10.2-11.81	cm 31-35 In 12.2-13.7	cm26-30 In 10.2-11.81	1.3-1.5
Above Average	cm 36-40 In 14.1-15.7	cm 41-45 In 16.4-17.7	cm 36-40 In 14.1-15.7	1.9-2	cm 31-35 In 12.2-13.7	cm 36-40 In 14.1-15.7	cm 31-35 In 12.2-13.7	1.6-1.7
Elite	cm 41+ In 16.1 +	cm 46+ In 18.1 +	cm 41+ In 16.1 +	2+	Cm 36+ In 14.1 +	cm 41+ In 16.1 +	Cm 36+ In 14.1 +	1.8+

PLYOMETRICS

BOX DROP HEIGHT

Prescribe the optimum box drop height for plyometrics training like Box Drop.

* Video: https://youtu.be/WekZ78iBD_8?t=554

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PLYOMETRICS

HURDLE HEIGHT

Prescribe the optimum hurdle height for plyometrics training.

- Video https://youtu.be/WekZ78iBD_8?t=652

THERE IS NOT CHART OF REFERENCE PRESENTED BECAUSE IT DEPENDS OF THE TRAINING CONDITION OF EACH ATHLETE.

NEUROMUSCULAR FATIGUE

Do before and after sprint training.

Assess:

* Reactive strength fatigue.

Higher fatigue is related to mechanical load and risk of muscle injury.

* Video https://youtu.be/WekZ78iBD_8?t=702

THERE IS NOT CHART OF REFERENCE PRESENTED BECAUSE IT DEPENDS OF THE TRAINING CONDITION OF EACH ATHLETE.

TRAINING

FATIGUE

Perform before and after strength training.

Assess:

- * Fatigue post training session.
- * Direct relationship between metabolic, hormonal and mechanic stress.
- * Video https://youtu.be/WekZ78iBD_8?t=765

REFERENCE VALUES:

Values **higher than 15%** indicate metabolic, hormonal and mechanic fatigue.

LATERAL DEFICIT

Allows to identify which capacity and leg has a deficit.

* Video https://youtu.be/WekZ78iBD_8?t=841

REFERENCE VALUES:

Values **higher than 15%** are qualified as high deficits.

SPRINT

Allows to assess:

- * Capacity to repeat sprints
- * Capacity of deceleration and change of direction
- * Capacity agility circuits
- * Video https://youtu.be/WekZ78iBD_8?t=972

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