

## STANDING LONG-JUMP TEST

**Purpose:** To measure explosive force production of the lower limb extensor muscles as well as motor control.

**Method:** The jump starts with legs close to each other and bilateral takeoff is assisted by swinging of the upper body and arms. The landing is bilateral and shortest distance expressed in metres from the landing to the starting point was measured.

**Outcome:** The conscript has two attempts and the best result is registered. Result categories: Excellent ( $\geq 2,40$  m), Good ( $\geq 2,20$  m), Fair good ( $\geq 2,00$  m) and Poor ( $< 2,00$  m).



Starting position



Landing position