



Anaerobic fitness

60 second box jump

Equipment

- Flat non-slip surface, preferably same surface and conditions from test to test.
- Box: 40cm high – 50cm long – 40cm wide.
- Stopwatch.
- Scoring sheet.
- A minimum of 2 spotters.

Calibration / maintenance

Check the integrity of the sit-and-reach box or equivalent prior to each test day.

Methodology

The test is performed as 60 seconds of maximum jumping.

To start, the athlete stands next to the box (on the long side of the box) waiting for a count down from 5 to 1. The two spotters sit on the floor with feet against the box to ensure stability of the box during the test. The athlete jumps from the ground up on the box, the timing starts when the athlete lands on the box. The athlete jumps laterally back and forth over the box facing the same way for the entire duration of the test. The athlete lands on top of the box each time he/she moves laterally from side to side. Each time the athlete lands on top of the box one jump is recorded.

Specific warm-up:

Athlete should perform 2-3 trials at increasing intensity prior to performing this test doing 3-4 jumps each time.

Data collection

The number of jumps are counted and recorded for every twenty seconds including the last top touch on the box of each jump period.

Units	Accuracy	Range
No. of jumps	± 1 jump	Not applicable