

**Table 1. Summary of power output studies for loaded squat jumps & bench throws**

Author	Subjects	Training Background	%1RM Exercise for PP		R <sup>2</sup> (1RM & PP)	Conclusion
			CMJ	Static Jump		
Stone et al. (2003)	n=22	7 weeks to 15+ years	PP in CMJ at 10% of 1RM Back Squat	PP in SJ at 10% of 1RM Back Squat	86%	Highest power output for both jump conditions occurred at 10%1RM (n=22). Strong group (n=5) had highest PP outputs at 40% 1RM. Weak group (n=5) had highest PP outputs at 10% 1RM, decreasing PP as the %1RM increased. Very strong correlation between the 1RM squat and power output generated during weighted jumps, suggesting jump power may be increased with improvement in maximal strength.
Baker et al. (2001a).	n <sup>1</sup> =32	Professional rugby league players	PP in CMJ at 58.8% of 1RM Full Squat	N/A	63%	All three studies suggest loads of 55-59% of the full-squat 1RM* evoked the highest average mechanical power output during concentric phase of countermovement squat jump exercise in athletes expressly trained in both strength and power exercises. However, range of loads generally within the zone of 48-63% 1RM allowed for similarly high power outputs. The results suggest power trained athletes may generate their peak power at higher percentages of 1RM.
	n <sup>2</sup> =24	College age rugby league players	PP in CMJ at 57.1% of 1RM Full Squat	N/A	65%	
	n <sup>3</sup> =17	Professional rugby league players	PP in CMJ at 55.2% of 1RM Full Squat	N/A	74%	
Baker et al. (2001b).	n=31	Professional rugby league players	PP in BT at 55% of 1RM Bench Press	N/A	N/A	Maximum average mechanical power output for the bench throw was achieved at 55% of 1RM bench press. Loads in the range 46-62% of 1RM also allow for high power outputs. There is a significant difference in power outputs generated during bench throws of 31-62% of 1RM bench press.
Baker & Nance (1999)	n=20	Professional rugby league players	Weighted jump squat	N/A	65%	Results indicate lower body maximum strength is highly related to lower body maximal power exercises performed, as for the upper body for bench press and bench throw. Maximal strength is the most important factor influencing maximal power output in highly trained professional rugby league players.
			Bench Press Throw		80%	
Jones et al. (2001)	n=30	Male college age Basketball players	30% of 1RM	N/A	N/A	Athletes were tested for 30%1RM and 50%1RM CMJ within a battery of other tests. Pre-test means showed peak power output was maximised with a load corresponding to 30% of 1RM back squat. However, minimal difference existed between jump loads of 30% and 50% 1RM back squat.
Cronin et al. (2003)	n=27	Males with athletic background	PP in bench throw at 50% of 1RM bench press	PP in bench throw at 50% of 1RM bench press	N/A	Peak power was established for both the rebound and static bench throws at 50% of a 1RM bench press. Loads in the range 40-60% of 1RM also allow for similar high power outputs. PP was higher in both throw conditions compared to non-thrown conditions.