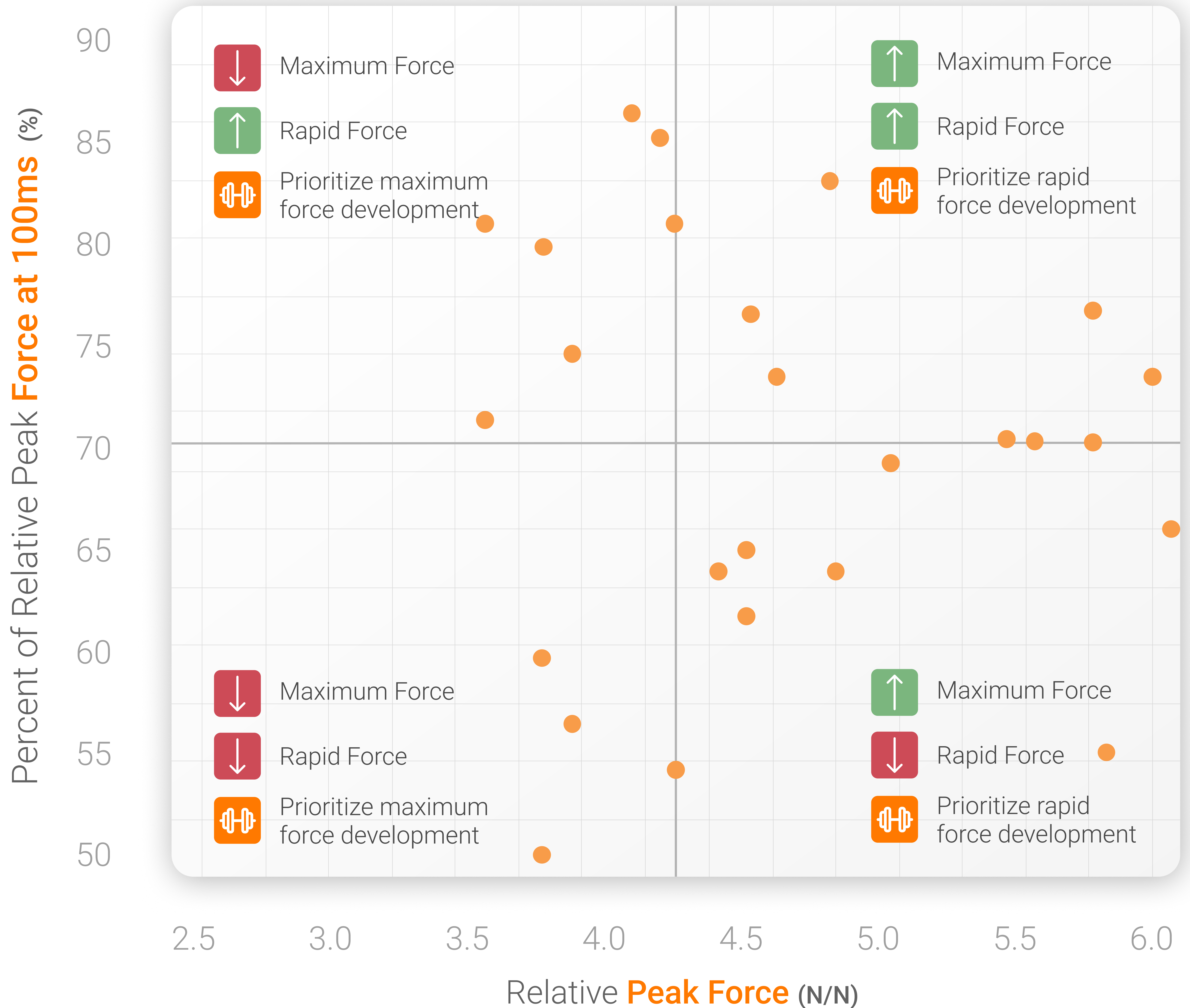


Quadrant Plots

Knee Iso Push Rapid vs. Maximal Force

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This dataset compares two Knee Iso-Push tests—Rapid Force and Maximal Force—in male rugby athletes. The benchmarks shown (70% of peak force at 100ms and 4.25x bodyweight for peak force) reflect elite-level rugby standards. Practitioners can use these as general performance targets but should also calculate 50th percentiles within their own squads or position groups to better guide individualized training strategies.