

	n	Demographic	Training methods and duration	Type	Δ	Other/Comments
[1]	30	10-14 y/o, M, soccer players	6 weeks in one of 3 plyo programs	SVJ	5.9-12.3%	Gains varied between groups. <i>Control demonstrated 3% gain</i>
[2]	34	College age, M&F, sedentary	10 weeks of twice weekly deadlifting	SVJ	46.0 +/- 11.3 to 49.4 +/- 11.3 cm (+7.4%)	~25% improvement in knee extensor RFD up to 200ms
[3]	7	College age, M, T&F and wrestlers	In-season practice, 4 week weight loss program	CMJ	51 +/- 7 to 54 +/- 6 (+6%)	This group lost 2.2 +/- 1KG in 4 weeks, reported maintained strength levels
[4]	10	~25 y/o, F, elite v-ball players	12-week inseason practice and twice weekly resistance/plyo training	CMJ	34.2 +/- 5.9 - 35.5 +/- 6.28 cm (+3.8%)	Main exercises were BP and "parallel back squat" @ 50-80% 4RM
[5]	10	College age, F, NCAA D1 v-ball players	12-week offseason S&C program: 4x/wk strength, 4x/wk running, 2x/wk plyo/practice	UNK	44.7 +/-5.7 - 48 +/- 4.2cm (+6.7%)	Started w/14- 4 dropped for squat cuts and non-sport injuries. Test method not described- I suspect CMJ.
[6]	5	20-32 y/o, M&F, Olympic snowcross	19 weeks of the athlete's own personal training program	CMJ	Insignificant change from 39cm	Elite athletes, diverse training programs, small sample size (so the 90% CL was too wide)
[7]	41	High school, F, ball players	6 weeks of plyo & resistance training	SVJ	39.9 +/-1 0.9 cm to 43.2 +/- 1.1 cm (+8.2%)	
[8]	16	High school, M, soccer	5 weeks of twice weekly sprint intervals	CMJ	N: 41.5 +/- 4.6 - 43.8 +/- 3.8 cm (5.5%) H: 40.3 +/- 3.2 - 42.9 +/- 3.1 (6.5%)	Two tested groups- 1 'hypoxic' (training in a hypoxic room), 1 'normoxic' (same room, normal conditions)
[11]	20	College-age, M, gym bros	12 week periodized resistance training	CMJ	12.8% (placebo) 19% (supp)	<i>Jump information reported in W, not jump height, so $\Delta\%$ cannot be compared to other studies.</i> Both groups completed the same training program- 1 received HMB-FA, the other a matched placebo.
[12]	12	College-age, M, elite handball	12 week periodized resistance and plyos	CMJ	1.52 cm increase (3.8%)	Athletes lost 2% BF and gained 1% lean mass as well
[13]	10	College-age, F, elite soccer	12 week, 3 sess/wk plyometric routine + sports training	CMJ	25.6 +/-1 - 29.3 +/- .9 (14%)	
[14]	41	College-age, M, gym bros	Split into 3 different groups: "Weight," "Power," and "Plyo," 10 weeks, 2 times/wk	CMJ	Weight': 4.7% Plyo': 5.3% Power': 11%	CMJ tested with a 4KG bar on the shoulders attached to something similar to a Tendo unit. 'Power' trained using jump squats @~30% isometric F _m
[15]	10	College-age, M, skilled v-ball	Combined EMS, training, and practice for 4 weeks, 3 sessions/wk	SVJ	8.30%	Athletes were tested 2 weeks afterwards (switching to normal V-Ball practice) and retained increase.
[16]	36	College-age, M, PE students	3 groups (Squat, Plyo, Squat/Plyo), training 2 sessions/wk for 6 weeks	UNK	S: 3cm P: 3.81cm SP: 10.67cm (19%)	Cited a textbook to describe the procedure, but no methodology described- I suspect SVJ. <i>Initial jumps not listed- % increase estimated from GENPOP norms: 20-24in (used 22%).</i> Initial 1RM squats used for training not listed. Total SP training volume higher than the other 2 groups. <i>Outlier</i>
[44]	18	College-age, M, PE students	2 groups ("Traditional" and "Olympic"), training 3 sessions/wk for 8 weeks	CMJ	TW: 31.3-33.4cm (6.4%) OW: 34.6-39.8cm (15%)	"TW" used leg press/curl/extension, BP, and half-squat. OW used power clean/snatch/C&J, high pull, and half-squat. Control improved 5.7%
[45]	28	College-age, M, PE students	3 groups (olympic weightlifting, plyometric, and combined oly+plyo) training 3 sessions/wk for 8 weeks	CMJ	OLY: 34.6-39.8cm (15%) PLYO: 31.5-36.1cm (14.6%) OLY+PLYO: 34.4-39.6 (15%)	Oly program from [44] . Plyos were a variety of hops. Control improved by 6.3%
[46]	21	High School, M, football players	2 groups completed 4 weeks of 'general strength training,' then 8 weeks of 'power' or 'Olympic weightlifting' training.	SVJ	OLY: 57.5-60.1cm (4.5%) PT: 47.2-48.3 (2.3%)	"PT" included squat, OHS, BP, press, leg press, and DL. "Oly" included PC, hang clean, and snatch. Control did no resistance training and <i>decreased SVJ by 1.7cm</i> . Values for jump height are at the higher end for teenage males (24 in.)
	Range: 5-41 Mean: 20	Range: 10-32 y/o	Range: 5-12 weeks	SVJ: 5/17 CMJ: 10/17	Mean: 8%	Studies' usefulness limited by small sample sizes and short durations. Mean % gain is for illustration- many of the studies are too different to compare directly. 2 studies' Δ were not included for reasons listed in their comments.