

Power & Strength

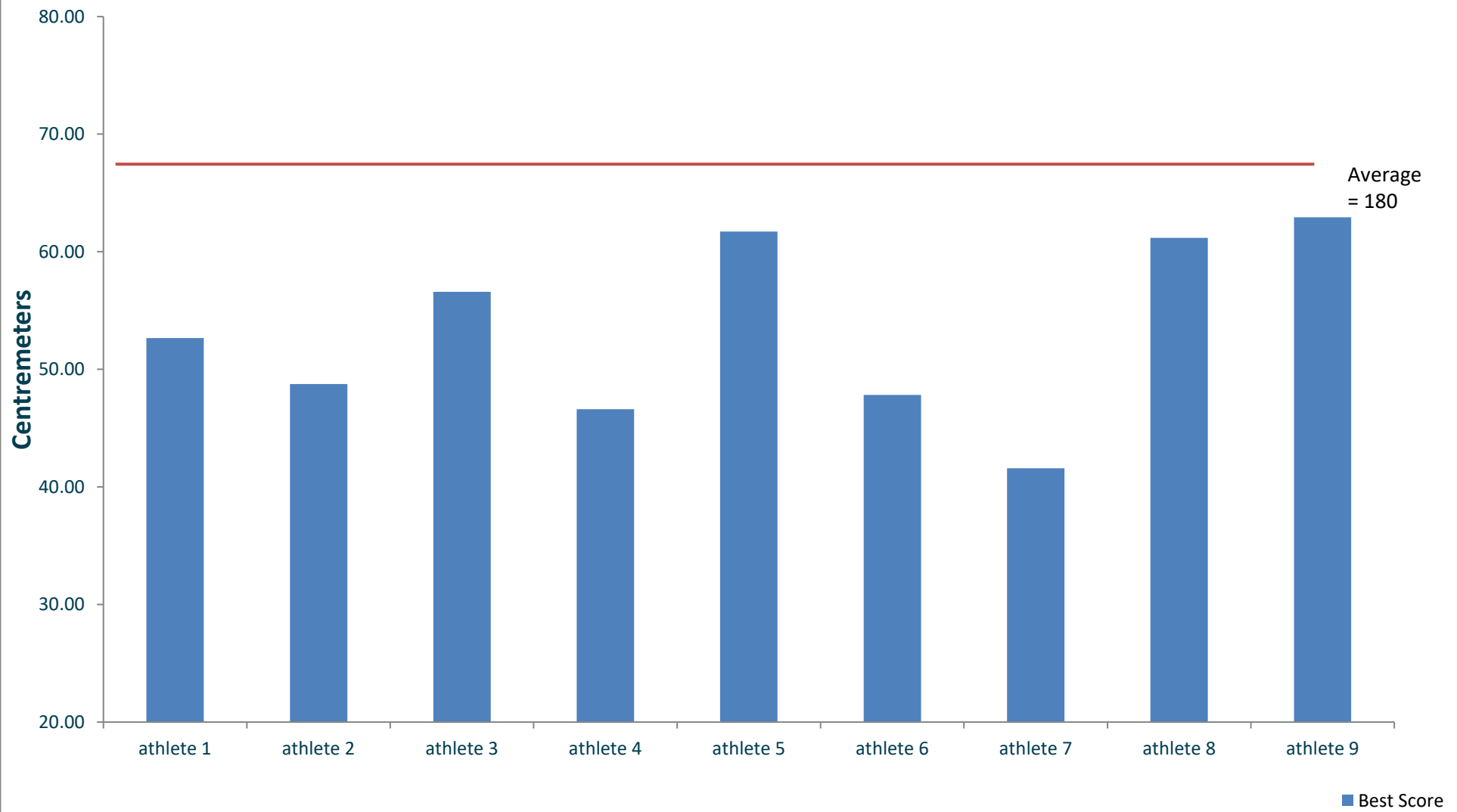
Participant No.	Name	Mass (kg)	Squat Jump (cm)	Counter Movement Jump (cm)
			Best Score	Best Score
1	athlete 1	8614	5267	5528
2	athlete 2	8277	4874	5811
3	athlete 3	834	5659	6650
4	athlete 4	8889	4661	4554
5	athlete 5	9297	6171	6686
6	athlete 6	9021	4782	4828
7	athlete 7	12518	4159	4291
8	athlete 8	79	6118	6275
9	athlete 9	9154	6293	6222
Average			5332	5649
Best			6293	6686

Eccentric Utilization Ratio Derived from Best Scores	Left Leg - Counter Movement Jump (cm) Best Score
105	3515
119	3322
118	3992
098	3515
108	3908
101	2511
103	1977
103	4146
099	3857
106	3416
	4146

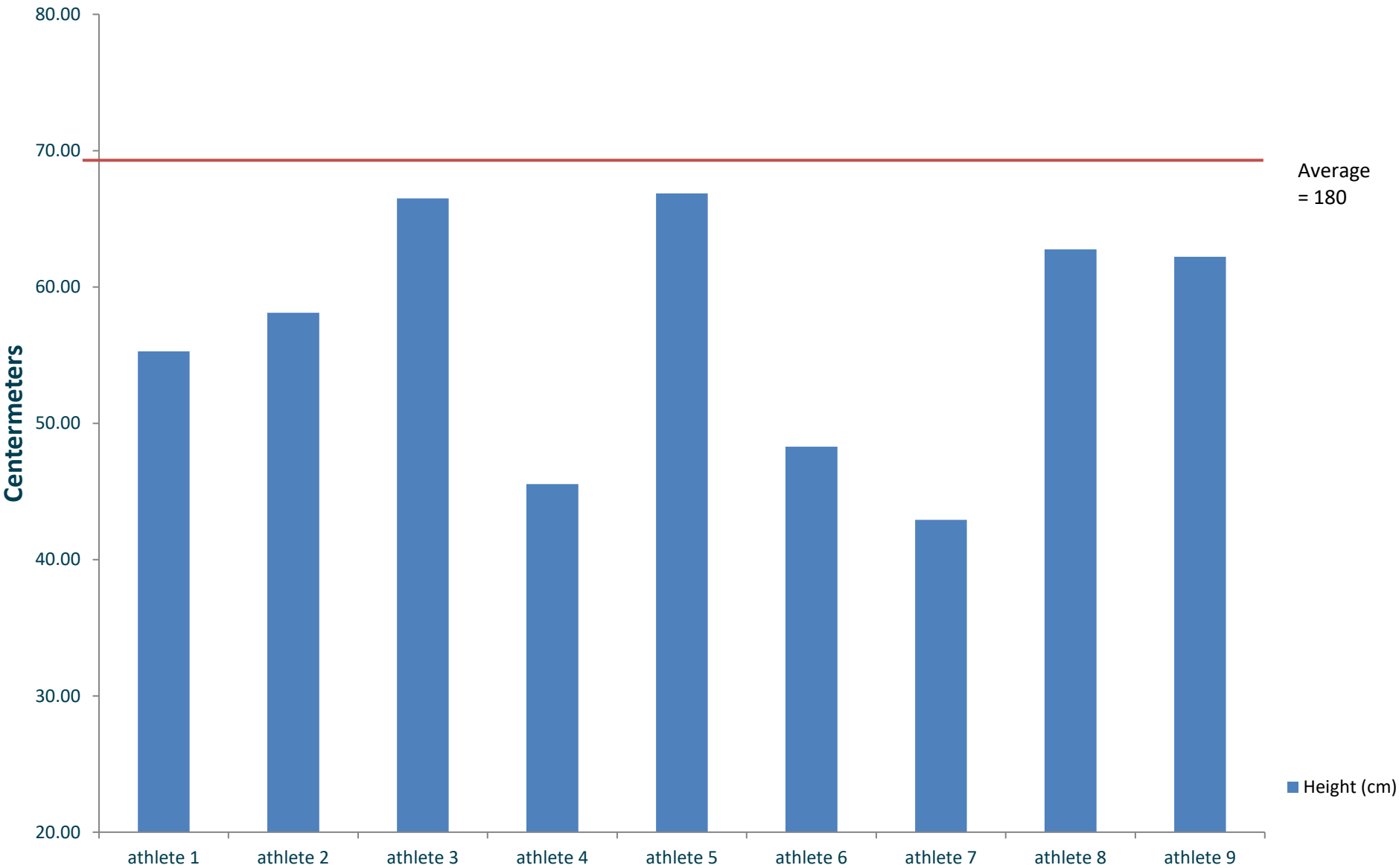
Right Leg - Counter Movement Jump (cm)	Bilateral Deficit	Isometric Mid Thigh Pull (N)
Best Score	Derived from Best Scores	Best Score
3596	1583	29413
3122	633	2709
4032	1374	26904
3246	2207	27973
3581	803	29777
2466	149	28433
2273	-041	33213
3675	1546	27059
3596	1231	27164
3287	1054	28558
4032	2207	33213

Relative Strength Derived from Best Scores
348
334
329
321
326
321
270
349
302
322
349

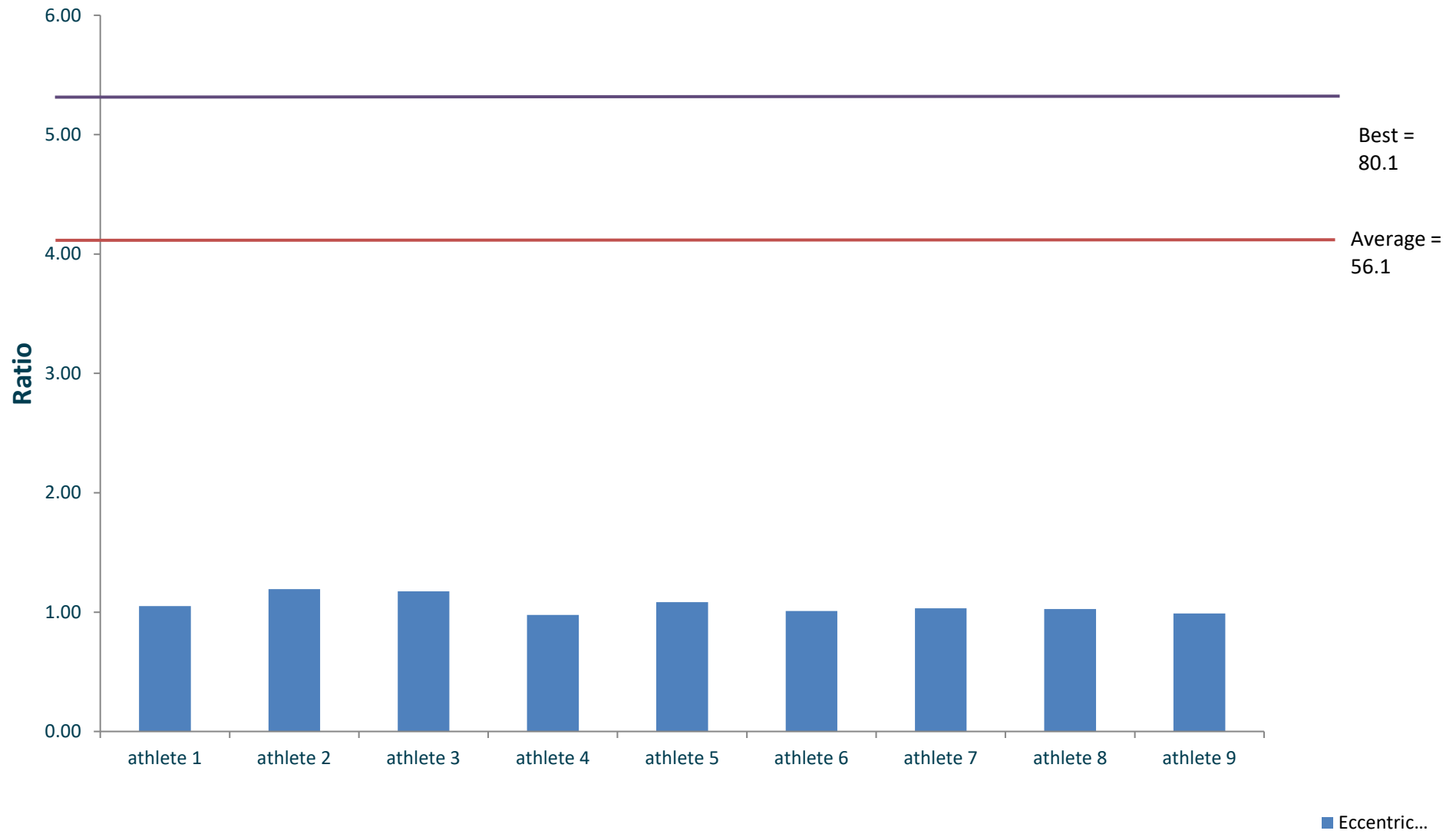
Mean Squat Jump



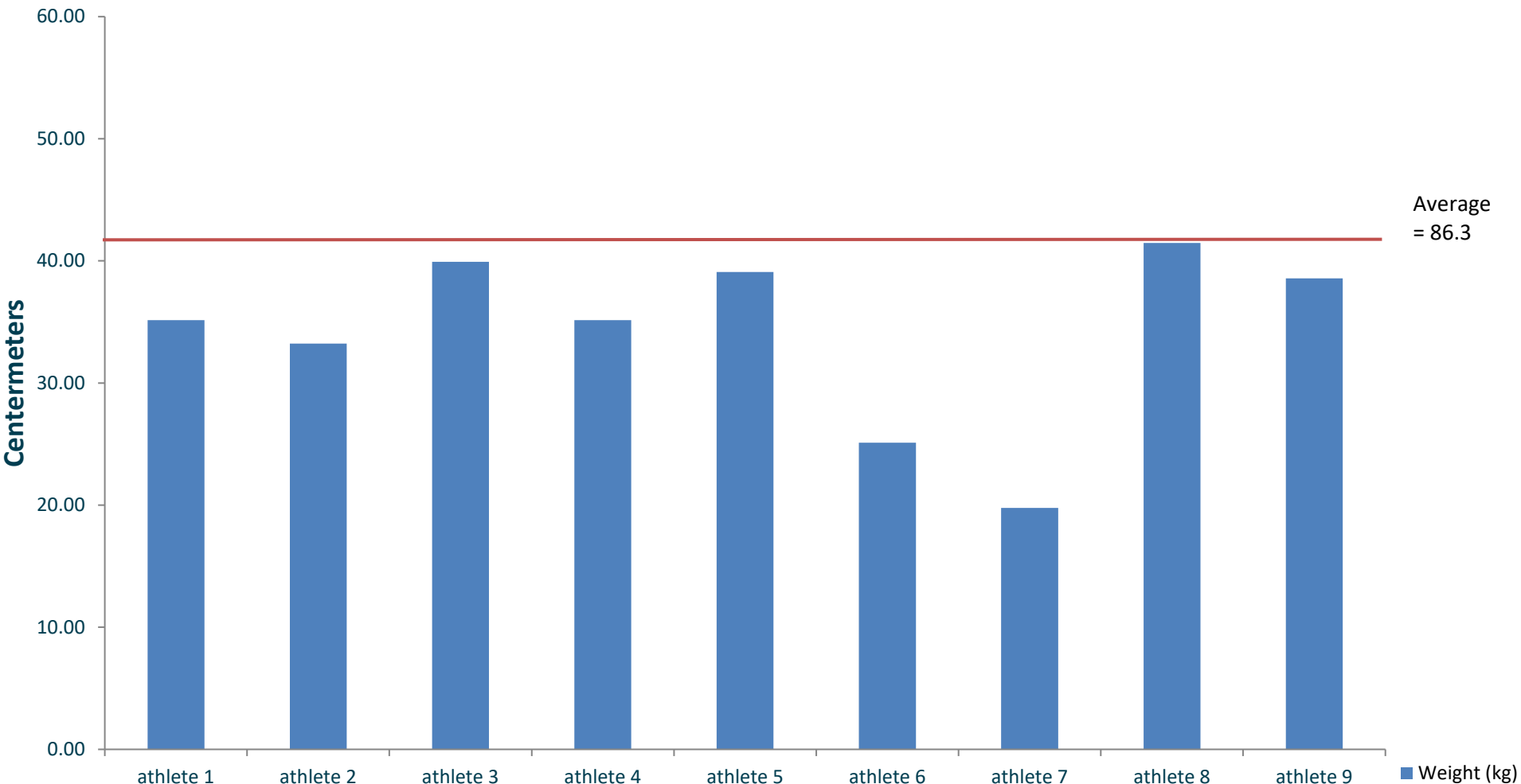
Mean Counter Movement Jump



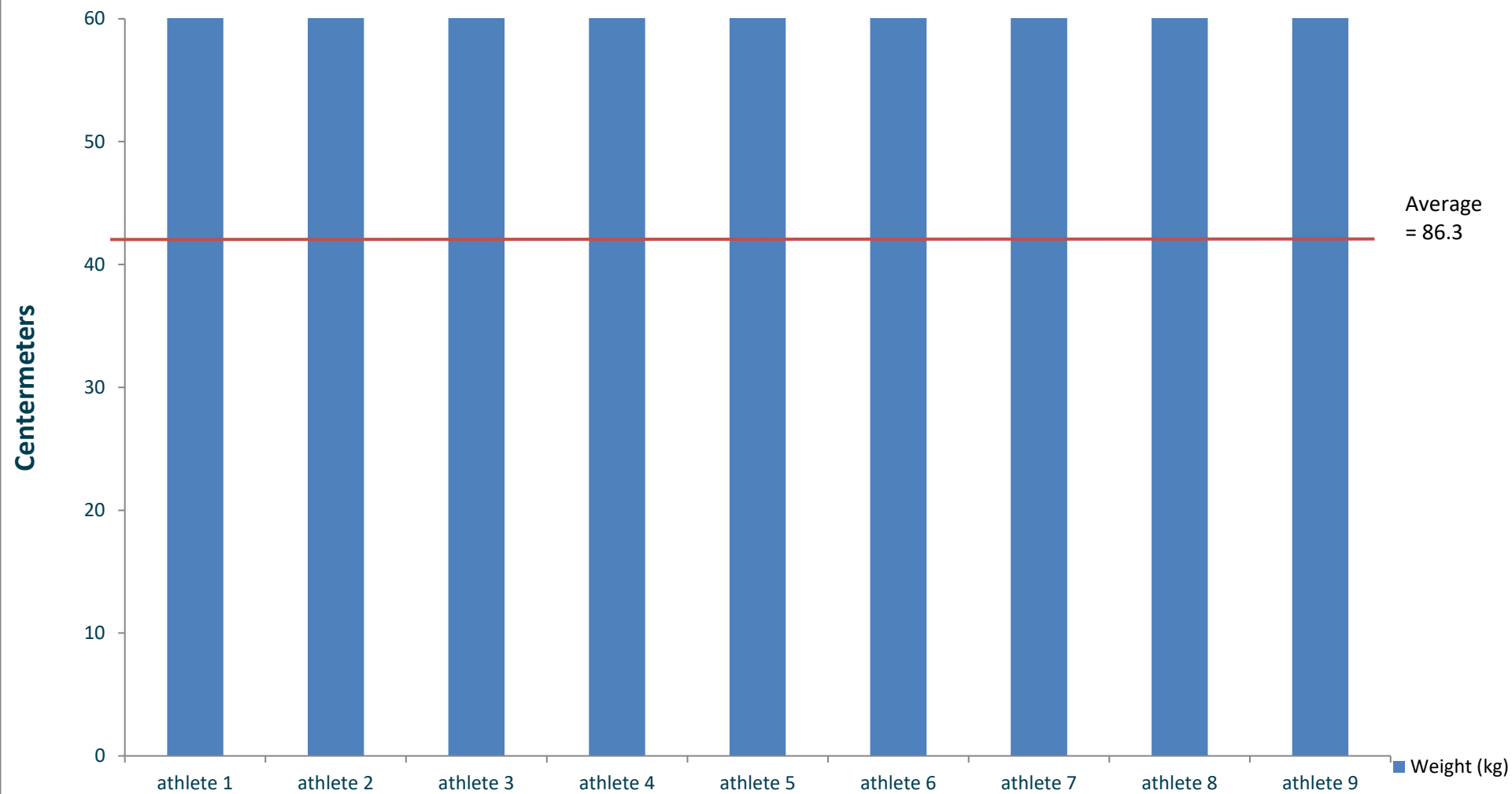
Eccentric Utilisation



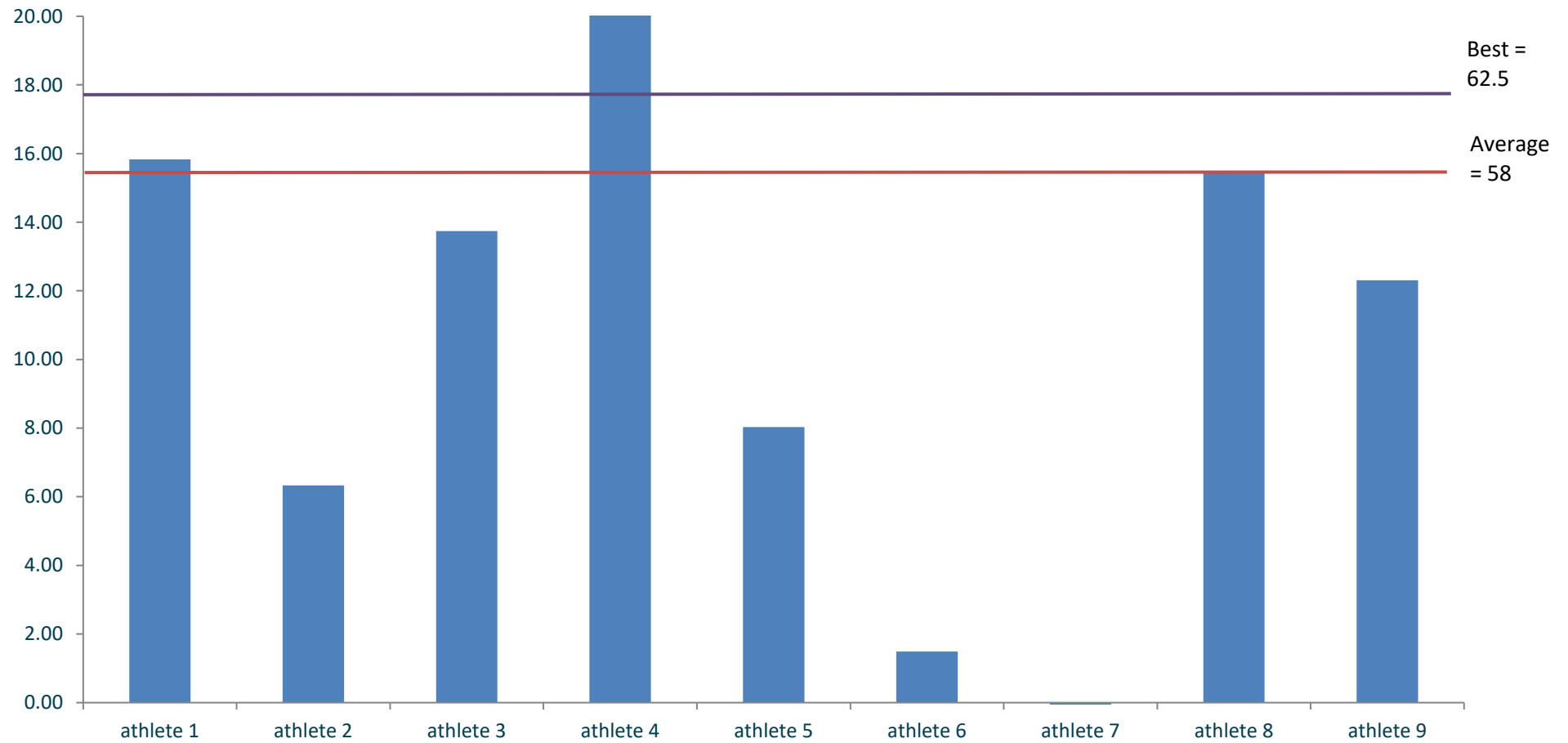
Left Leg Counter Movement Jump



Right Leg Counter Movement Jump

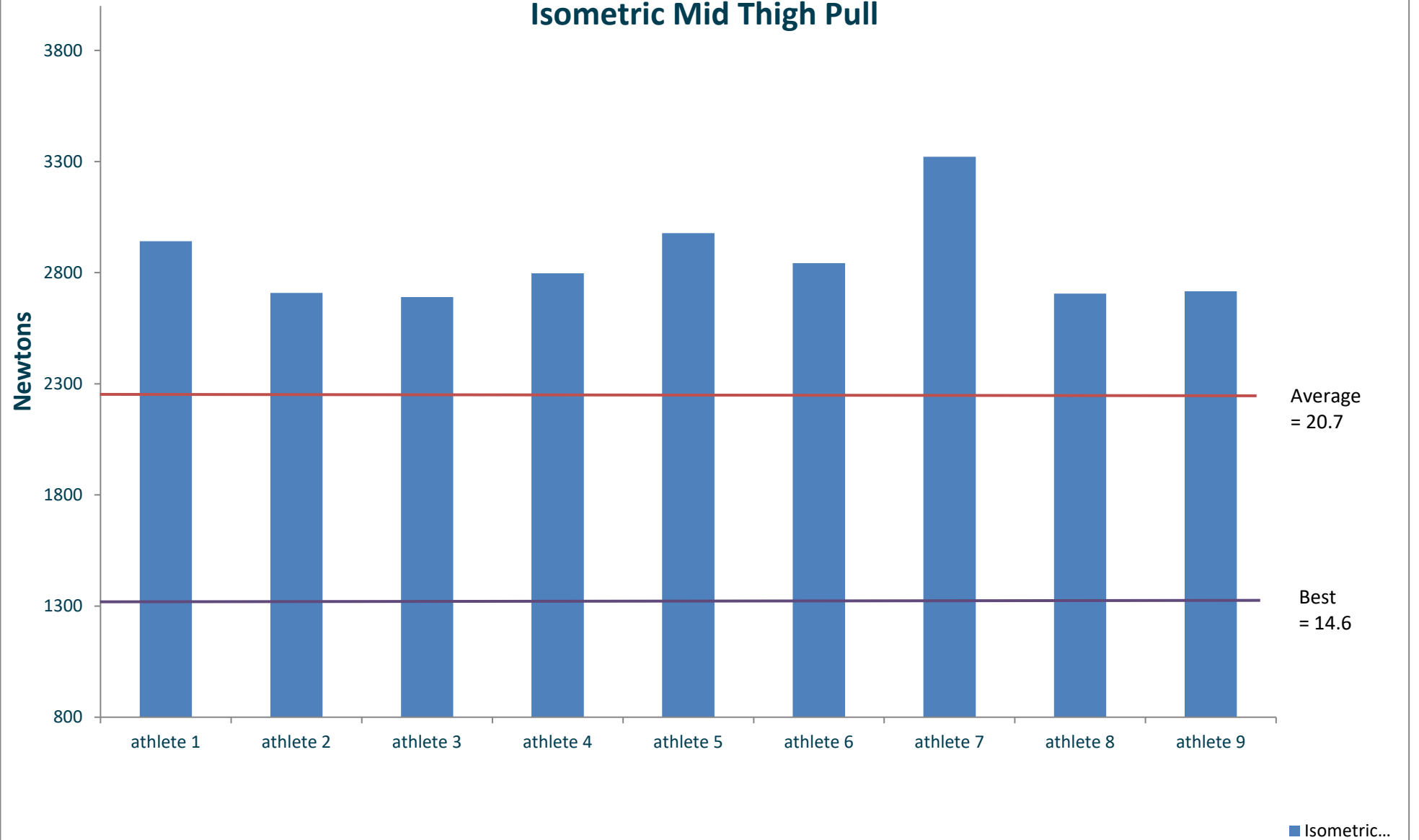


Bilateral Deficit



■ Bilateral Deficit

Isometric Mid Thigh Pull



Relative Strength

