

Women Basketball Players' Performance Report

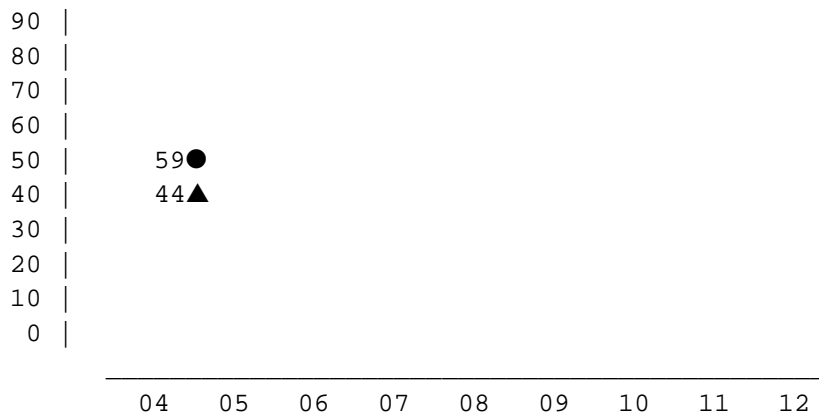
Name: BIGSHINY Gender: W Position: F Age: 23 Height: 174 cm Weight: 78.5 kg

SMI / Fat%			
Category	Result	Score	Standard
* SMI&Fat%		4 / 10	
- SMI	7.6 kg/m ²		7 kg/m ²
- Fat %	35.8 %		20.7 %

Physical Ability			
Category	Result	Score	Standard
* Agility		6 / 10	
- Lane Agility	11.7 s		15.1 s
- Pro Agility	5.7 s		5.1 s
* Strength		5 / 10	
- Squat	1.27 kg/bw		1.25 kg/bw
- Deadlift	1.48 kg/bw		1.5 kg/bw
- Chest Press	0.6 kg/bw		0.75 kg/bw
* Power		4 / 10	
- CMJ	32 cm		35 cm
* Speed		6 / 10	
- 3/4 Sprint	3.7 s		4.2 s
* Endurance		6 / 10	
- Push ups	30 reps		18 reps
* Anareobic Abil.		6 / 10	
- RSA	11.11 FI%		13.6 FI%
* Areobic Abil.		2 / 10	
- VO2max.	36 ml·kg ⁻¹ ·min ⁻¹		48.3
- 30-15	13.5 VIFT		

Skills			
Category	Result	Score	Standard
* 5 Spot Shooting	9 shots	10 / 10	
* 5 Spot Layup	16 shots	10 / 10	

----- Total Score | *59 / 100 -----
 (● personal ▲ average):



** Scores highlighted in red indicate a score of 4 or below.

** 5 Spot Layup & 5 Spot Shooting are relative scores based on peer performance in this session.

** Test Date: 2025-05-19