

Your Athletic Metrics vs Means for the Population

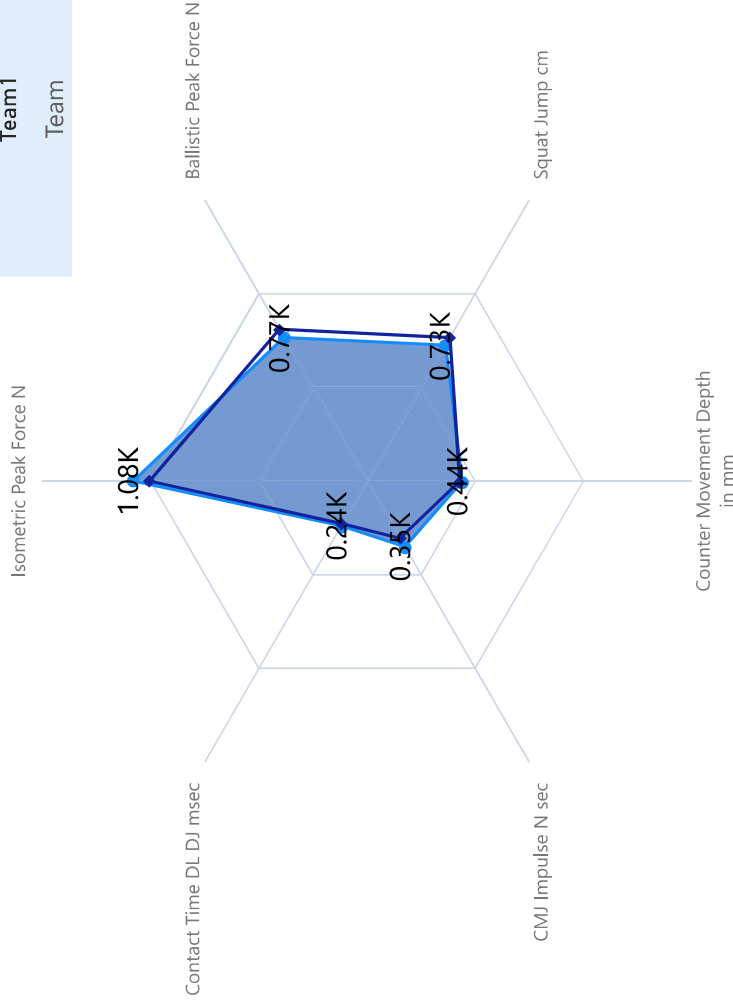


Legend

● Your
Score

— Population
Average

Athlete ID	Team
335438	Team1



Isometric Peak Force - The strongest push or pull you can make without actually moving.

Ballistic Peak Force -How hard you can push off when you jump or move quickly.

CMJ Impulse - Measures how fast you can jump up against your own weight. It looks at both how quick and how strong your jump is.

Counter Movement Depth - How deep you flex before jumping

Squat Jump - Pure jump height.

Contact time - Measures how long your feet are on the ground when you're doing jumps one after another. Quicker times are better for sports.

Dynamic Strength Index - This tells us if you need more training to get quick and strong, or if you're doing just right with your exercises:

<0.6 consider adding more ballistic training

0.6-0.8 You're doing well w/ your current training program

>0.8 Consider adding in more resistance strength training

Eccentric Utilization Ratio - a useful tool for understanding how well an athlete uses their muscle strength during movements that involve both stretching and contracting muscles, like jumping or sprinting. Around 1 is normal

Reactive Strength Index - a measure used to assess an athlete's ability to quickly change from a state of absorbing force to then generating force. Correlates with injury risk. If you score <2 consider increasing plyometric practices

Symmetry of Single Leg Time to Stabilization - This checks if one leg is as good as the other in stopping smoothly after a jump. Over 90% means both legs are nearly the same in control, which is great for balance.

0.71

Max of Dynamic Strength Index

1.26

Reactive Strength Index



1.06

Eccentric Utilization Ratio

88

Time to Stabilize Asymmetry Single Leg %



Team Report Soccer

CMJ Impulse

Counter Movement Depth

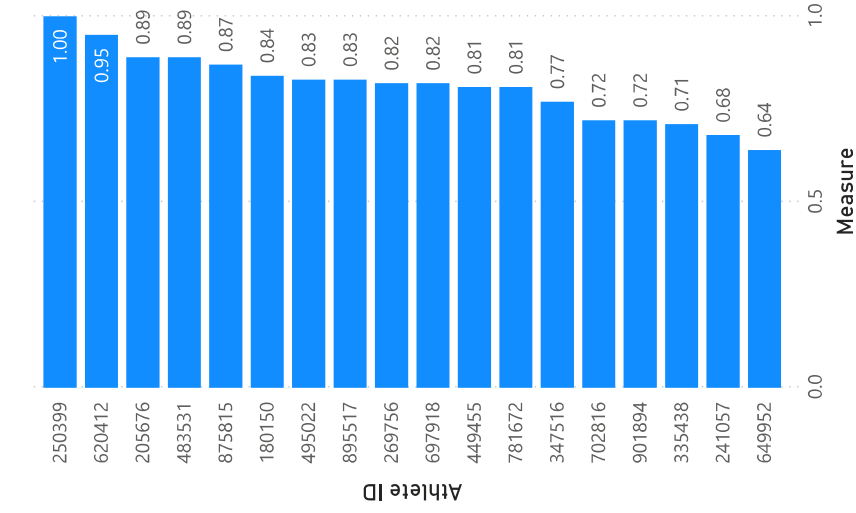
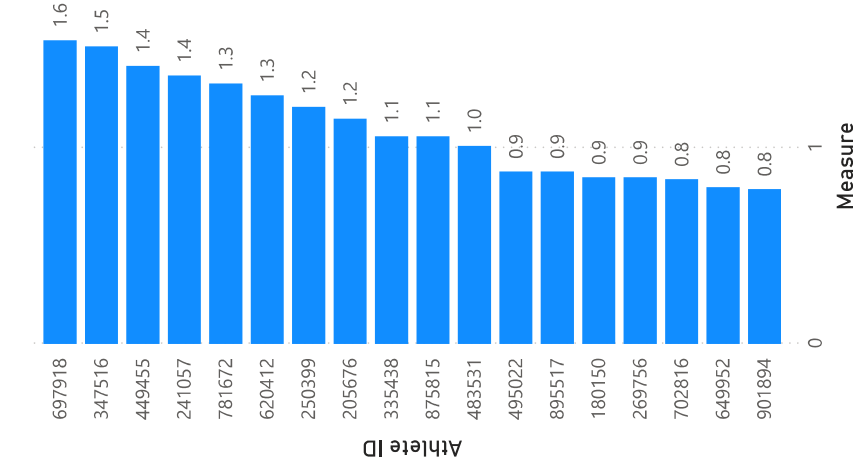
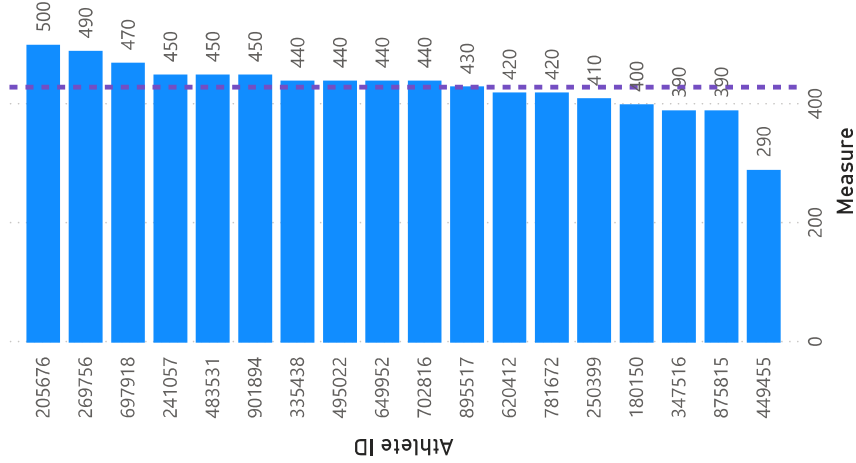
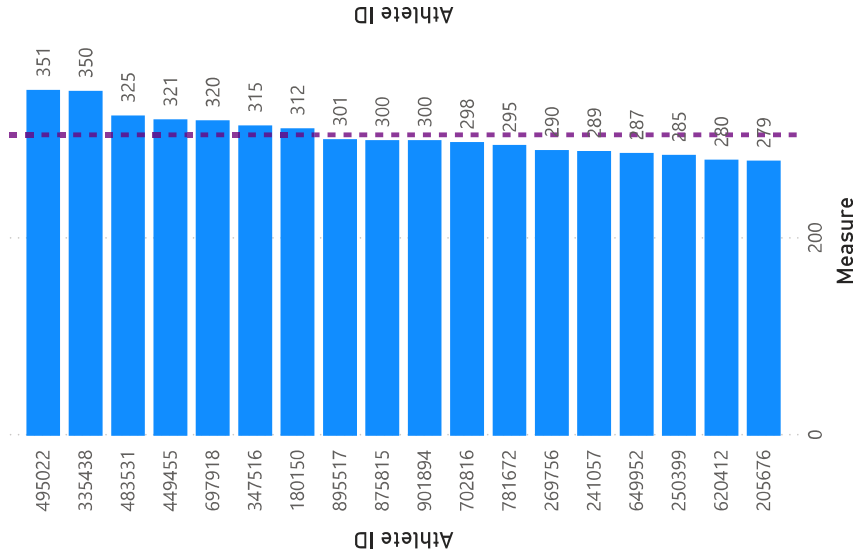
Team1

Eccentric Utilization Ratio

Saturday, April 20, 2024

Latest Date

Dynamic Strength Index





0.77

Max of Dynamic Strength Index

2.07

Reactive Strength Index

Athlete ID

347516

Team 1

1.52

Eccentric Utilization Ratio

88

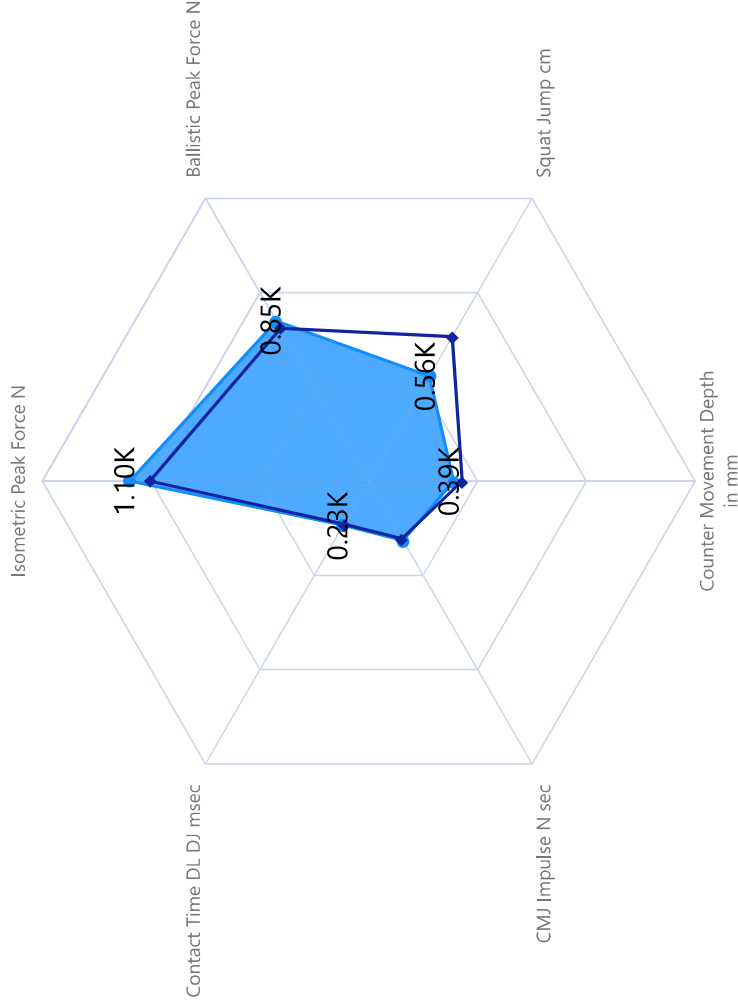
Time to Stabilize Asymmetry Single Leg %

Legend

Your Score

Population Average

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