



ATHLETE BASELINE TESTING & EQUIPMENT HIRE

Baseline Testing Packages

| 20m Sprint | Measures explosive acceleration and sprint ability. |
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| Standing and Running Vertical Jump 5-10-5 Agility Test Body Composition (16+) Yo-Yo / Beep Test Strength Screening (16+) Movement Screen & Flexibility | Assesses lower-body explosive power. Tests acceleration, deceleration, and change of direction. Provides insights into lean mass and fat mass. Measures aerobic fitness and recovery ability. Identifies strengths, weaknesses, and injury risks. Assesses mobility, joint range, and movement quality. |

UAC Equipment Hire

Bring UAC's professional testing experience directly to your school, club, or organisation.

| Equipment Hire Fee | \$200 per day |
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| Optional Coach Support Travel | \$50 per hour (per coach) Additional depending on distance |

Coming Soon: Premium Testing Options including NordBord and advanced force measurement equipment.

Contact Universal Athlete Centre
Book your testing day or hire equipment directly through UAC today.
www.universalathletecentre.com.au | @universalathletecentre

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