PUSH PERFORMANCE

Athlete Assessment Report

v2.0 - Enhanced Design

Test Athlete

AGE **22 years**	SPORT **Baseball**	POSITION **Pitcher**
TEAM/SCHOOL **Test University**	HEIGHT **6'2"**	BODY MASS **185.5 lbs**
ASSESSMENT DATE **January 14, 2025**		

CURRENT INJURIES

None

INJURY HISTORY

Minor shoulder strain 2023

POSTURE PRESENTATION

Good overall posture, slight forward head posture noted

🤸 MOVEMENT ANALYSIS

Demonstrates good movement patterns overall. Some compensatory patterns noted during overhead movements.

Force Plate Test Results

Countermovement Jump (CMJ)

Metric	Value
Jump height	45.50
Peak power	4250.00
Peak force	2100.00
Rsi	0.85

Key Takeaways

Excellent jump height, above 75th percentile. Good power production. Continue explosive training.

Squat Jump (SJ)

Metric	Value
Jump height	42.30
Peak power	4100.00
Peak force	2050.00

💡 **Key Takeaways**

Solid squat jump performance. Slight decrease from CMJ suggests good use of stretch-shortening cycle.

Hop Test (HT)

Metric	Value
Contact time	0.18
Jump height	25.60
Rsi	1.42

💡 **Key Takeaways**

Excellent reactive strength. RSI above average. Focus on maintaining this through season.

Single Leg CMJ

Metric	Value
Left jump height	28.50
Right jump height	32.10
Left peak power	1850.00
Right peak power	2100.00

💡 **Key Takeaways**

Moderate asymmetry detected (11.9%). Right leg shows better performance. Prioritize left leg strengthening.

Isometric Mid-Thigh Pull

Metric	Value
Peak force	3200.00
Rate of force development	8500.00
Time to peak force	1.20

💡 **Key Takeaways**

Strong maximal strength. RFD could be improved with explosive training.

Plyometric Push-Up

Metric	Value
Left peak force	450.00
Right peak force	485.00
Left avg force	380.00
Right avg force	410.00

💡 **Key Takeaways**

Good upper body strength. Minor asymmetry (7.5%) within acceptable range.

🎯 TRAINING GOALS

1. Improve power output
2. Enhance single-leg stability
3. Reduce asymmetry in lower body strength

📝 ACTION PLAN

1. Implement single-leg strength training 2x/week
2. Address mobility restrictions in thoracic spine
3. Progressive plyometric training for power development
