

# PUSH PERFORMANCE

Athlete Assessment Report

Professional Athlete Comparative Analysis

## John Doe

AGE

**24 years**

SPORT

**Baseball**

POSITION

**Pitcher**

TEAM/SCHOOL

**MLB Team**

HEIGHT

**6'2"**

BODY MASS

**195 lbs**

ASSESSMENT DATE

**January 3, 2025**

## **Countermovement Jump (CMJ) Analysis**

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# Performance vs Professional Athletes

Compared against 898 professional baseball player CMJ tests

Metric	Your Result	Percentile Ranking
<div>Jump Height</div> <div>vs 898 pro tests</div>	55.20 cm	<div><div>79th</div></div> <div>N/A</div>
<div>Eccentric Braking RFD</div> <div>vs 898 pro tests</div>	11500.00 N/s	<div><div>78th</div></div> <div>N/A</div>
<div>Force at Zero Velocity</div> <div>vs 898 pro tests</div>	2800.00 N	<div><div>75th</div></div> <div>N/A</div>
<div>Eccentric Peak Force</div> <div>vs 898 pro tests</div>	2900.00 N	<div><div>80th</div></div> <div>N/A</div>
<div>Concentric Impulse</div> <div>vs 898 pro tests</div>	310.00 Ns	<div><div>82th</div></div> <div>N/A</div>
<div>Eccentric Peak Velocity</div> <div>vs 898 pro tests</div>	-1.45 m/s	<div><div>81th</div></div> <div>N/A</div>
<div>Concentric Peak Velocity</div> <div>vs 898 pro tests</div>	3.25 m/s	<div><div>81th</div></div> <div>N/A</div>
<div>Eccentric Peak Power</div> <div>vs 898 pro tests</div>	3100.00 W	<div><div>80th</div></div> <div>N/A</div>
<div>Eccentric Peak Power / BM</div> <div>vs 898 pro tests</div>	32.50 W/kg	<div><div>81th</div></div> <div>N/A</div>

Metric	Your Result	Percentile Ranking
<b>Peak Power</b> vs 898 pro tests	<b>6500.00 W</b>	<div><div>79th</div><div>N/A</div></div>
<b>Peak Power / BM</b> vs 898 pro tests	<b>68.00 W/kg</b>	<div><div>81th</div><div>N/A</div></div>
<b>RSI-mod</b> vs 898 pro tests	<b>78.50</b>	<div><div>76th</div><div>N/A</div></div>
<b>Countermovement Depth</b> vs 898 pro tests	<b>-35.00 cm</b>	<div><div>64th</div><div>N/A</div></div>
<div><div>ELITE ≥ 90th %ile</div><div>ABOVE AVG 75-89th %ile</div><div>AVERAGE 25-74th %ile</div><div>BELOW AVG &lt; 25th %ile</div></div>		

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