

# PUSH PERFORMANCE

Athlete Assessment Report

v2.0 - Enhanced Design

## DEBUG TEST ATHLETE

AGE  
**25 years**

SPORT  
**Basketball**

POSITION  
**Forward**

TEAM/SCHOOL  
**Test Team**

HEIGHT  
**6'5"**

BODY MASS  
**200 lbs**

ASSESSMENT DATE  
**January 19, 2025**

### CURRENT INJURIES

None

### INJURY HISTORY

Previous ankle sprain

### POSTURE PRESENTATION

Good posture

 **MOVEMENT ANALYSIS**

Excellent movement

## Force Plate Test Results

### Countermovement Jump (CMJ)

Metric	Value
Jump height	50.00
Peak power	5000.00

#### Key Takeaways

Excellent power

### Squat Jump (SJ)

Metric	Value
Jump height	45.00

#### Key Takeaways

Good strength

## Hop Test (HT)

Metric	Value
Rsi	1.50

 **Key Takeaways**

Great reactivity

## Single Leg CMJ

Metric	Value
Left jump height	30.00
Right jump height	32.00

 **Key Takeaways**

Slight asymmetry

## Isometric Mid-Thigh Pull

Metric	Value
Peak force	3500.00

 Key Takeaways

Strong

## Plyometric Push-Up

Metric	Value
Left peak force	500.00
Right peak force	520.00

 Key Takeaways

Balanced

 **TRAINING GOALS**

Improve vertical jump

 **ACTION PLAN**

Plyometric training 3x/week

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