

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

Performance vs Professional Athletes

Compared against 898 professional baseball player CMJ tests

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

Metric	Your Result	Percentile Ranking
Peak Power vs 898 pro tests	6500.00 W	79th N/A
Peak Power / BM vs 898 pro tests	68.00 W/kg	81th N/A
RSI-mod vs 898 pro tests	78.50	76th N/A
Countermovement Depth vs 898 pro tests	-35.00 cm	64th N/A

ELITE
 \geq 90th %ile

ABOVE AVG
 75-89th %ile

AVERAGE
 25-74th %ile

BELOW AVG
 < 25th %ile

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