

Career Data

21.40

Max Jump Height [in]

0.58

Avg mRSI

68.00

Max Rel Peak Power (W/kg)

23.60

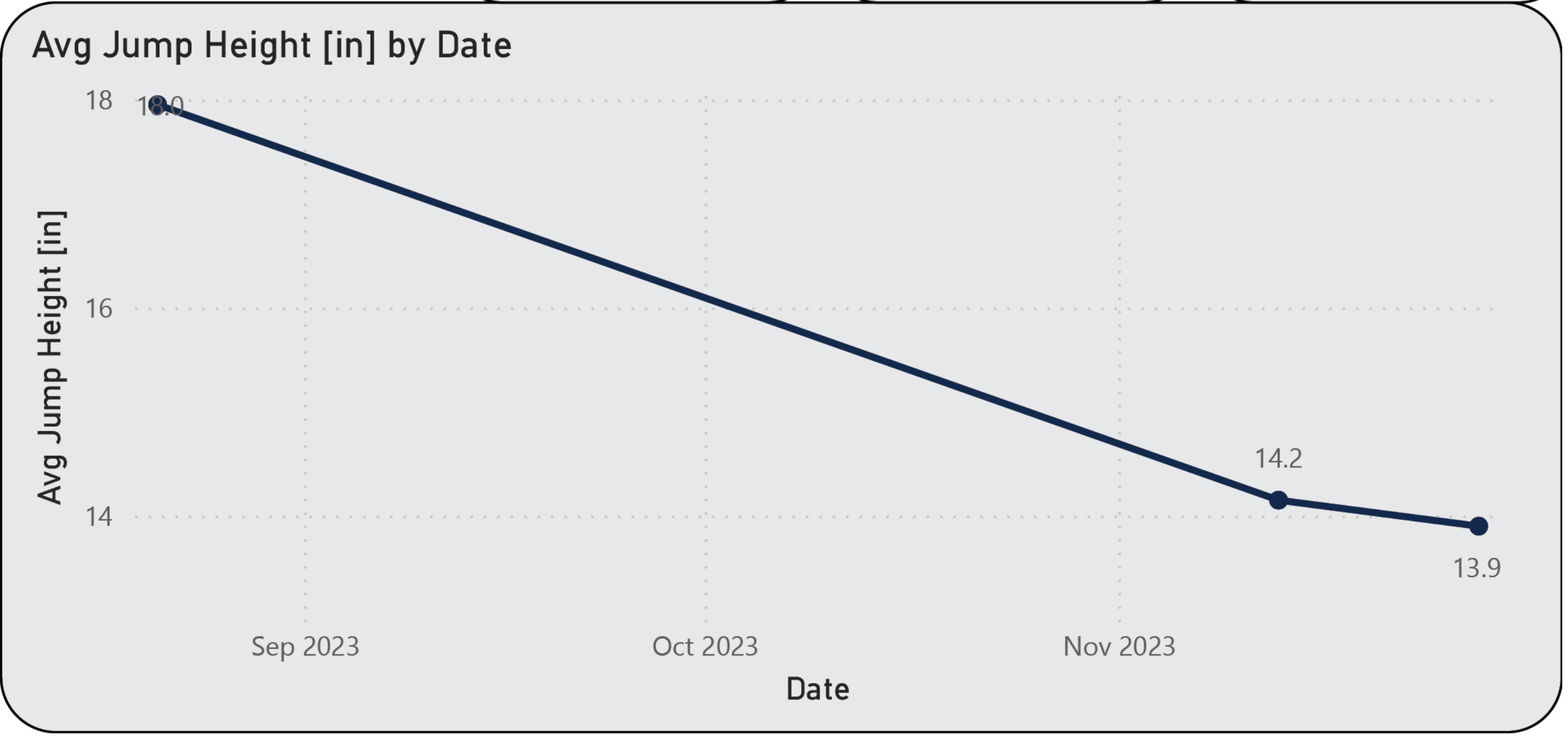
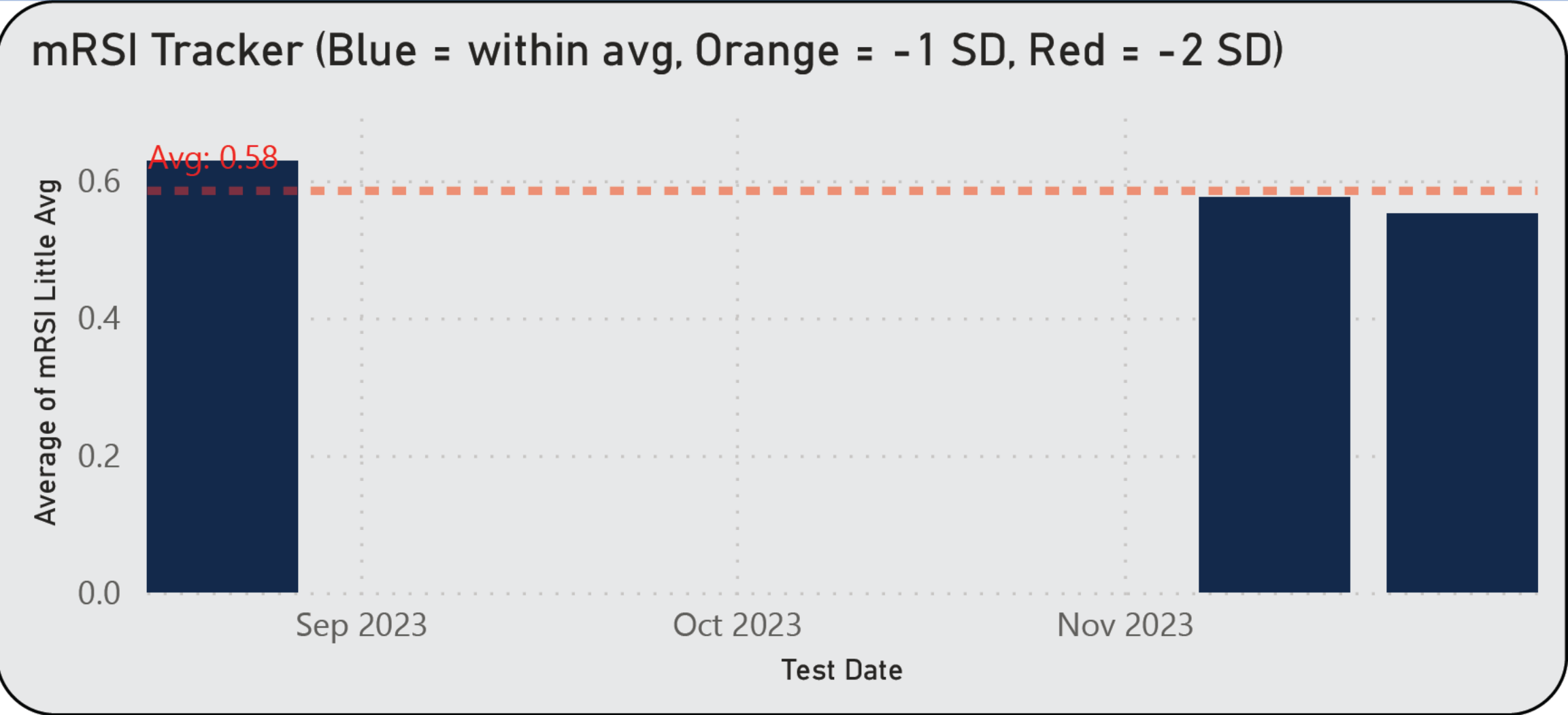
Rel Takeoff PF [N/kg]

250.00

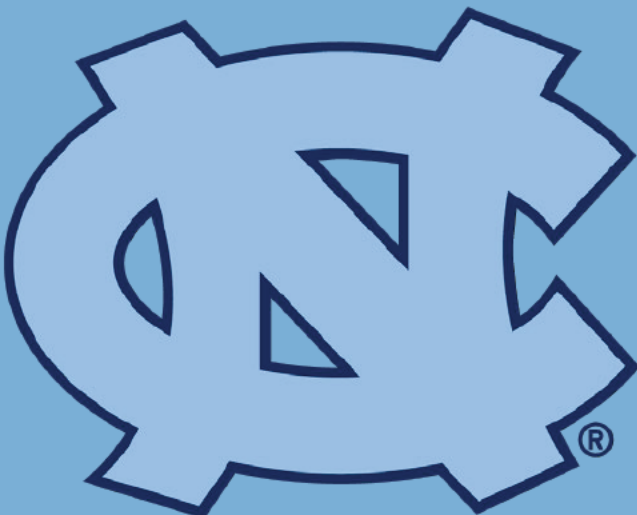
Avg Conc Impulse [N s]

2.90

Avg Asymmetry [% L,R]



Test Date	Avg Jump Height [in]	Avg Concentric Impulse [N s]	Relative Power [W/kg]	RSImod [m/s]	Impulse Imbalance %
21/08/2023	17.95	270.60	60.00	0.76	-16.30
13/11/2023	14.15	238.55	53.30	0.52	2.00
28/11/2023	13.90	240.85	53.10	0.48	23.00
Total	15.33	250.00	55.47	0.58	2.90



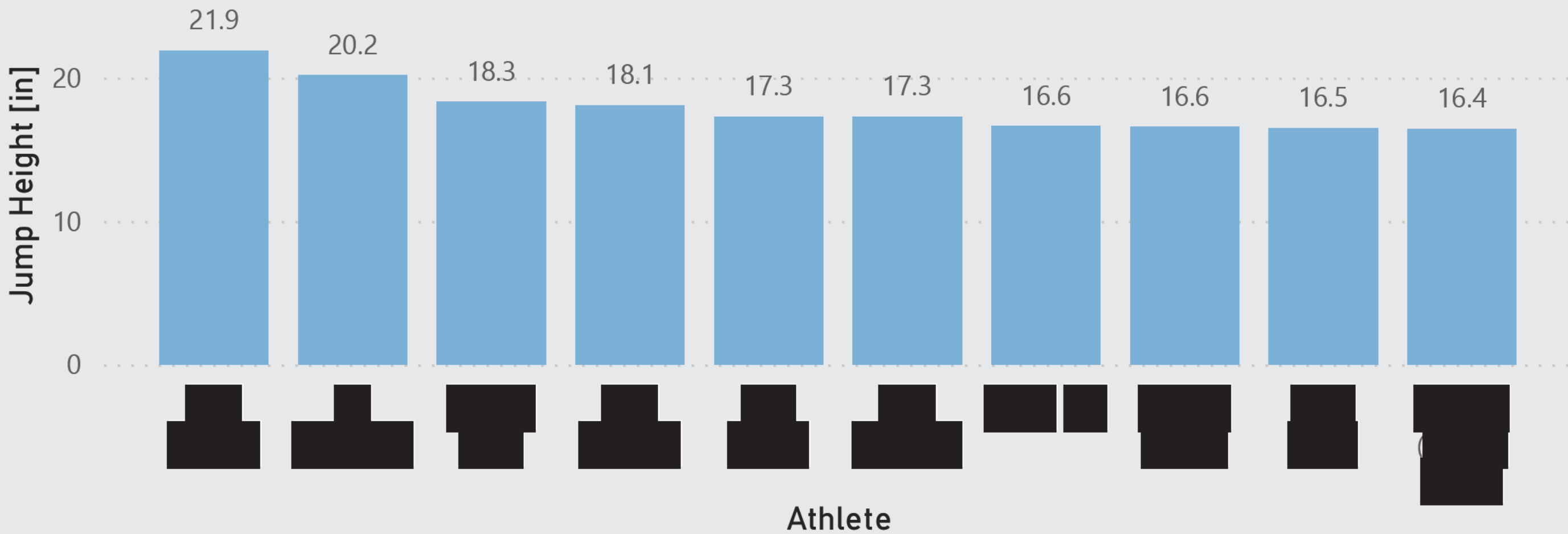
UNC Men's Lacrosse

Team CMJ Dashboard

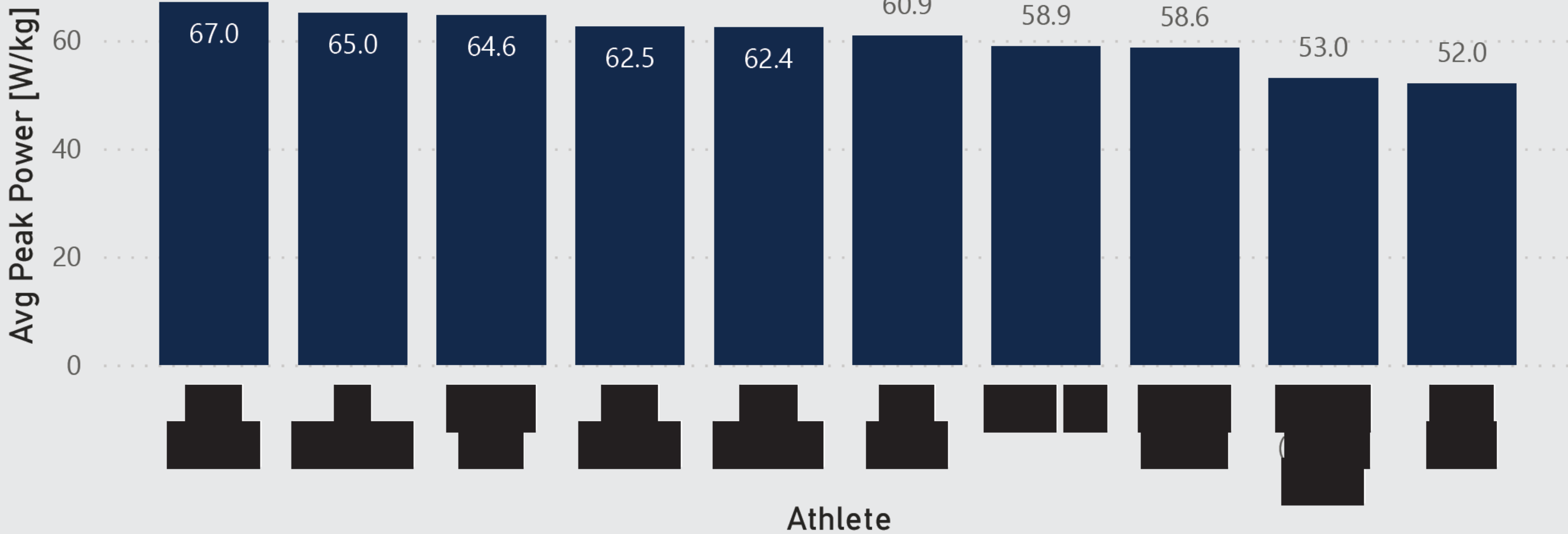
Test Date

13/11/2023

Daily Top 10 Jump Height



Daily Top 10 Relative Power



Athlete	Jump Height [in]	RSImod [m/s]	Concentric Impulse [N s]	Relative Power [W/kg]
1	15.05	0.48	191.55	67.0
	14.20	0.37	228.90	65.0
2	17.25	0.64	256.15	64.6
	14.75	0.47	246.10	62.5
3	15.55	0.49	254.75	62.4
	13.35	0.44	258.45	60.9
4	15.00	0.63	231.70	58.9
	14.80	0.45	251.65	58.6
5	16.05	0.61	240.45	53.0
	13.30	0.39	205.25	52.0
6	18.05	0.63	237.25	51.0
	13.55	0.38	235.90	50.7
7	12.00	0.29	233.17	48.0
	14.10	0.53	217.50	46.5
8	14.13	0.44	232.80	46.2
	14.63	0.54	197.83	44.0
9	14.75	0.37	227.20	43.5
	15.85	0.68	223.15	43.0
10	17.25	0.60	232.35	42.5
	20.15	0.49	264.15	41.0
11	15.20	0.48	249.90	40.5
	16.35	0.49	283.05	39.5
12	15.65	0.50	217.50	38.5
	15.25	0.55	244.85	38.0
Grand Total	15.10	0.49	238.00	37.5



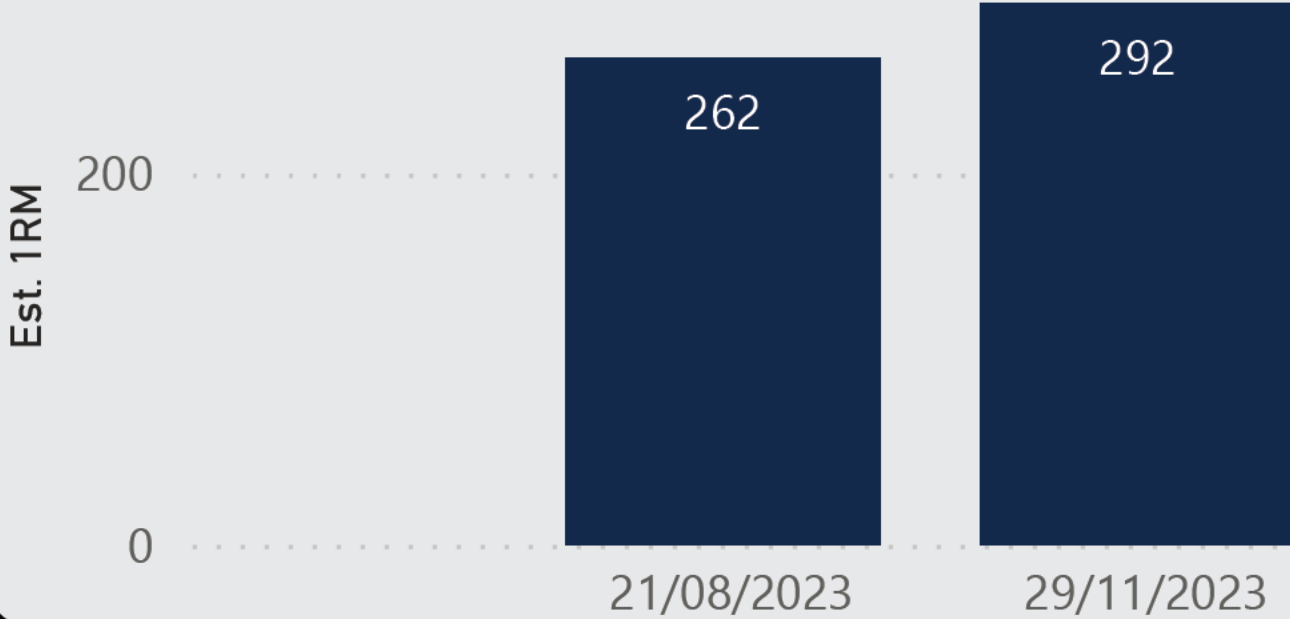
UNC Men's Lacrosse

Individual Lift Dashboard

Athlete



Squat



	21/08/2023	29/11/2023
5RM	225	225
Reps	5	9
Est. 1RM	262.13	291.83
Rel. Strength	1.45	1.57

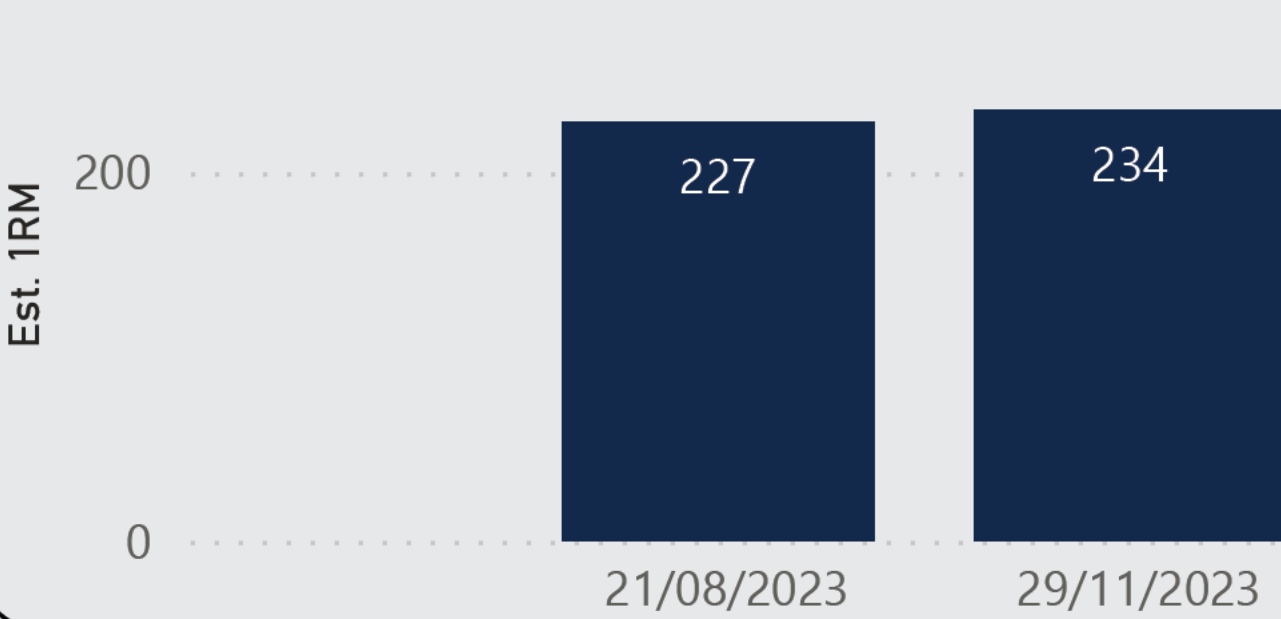
11.33

1RM % Change

8.53

Rel. Strength % Change

Bench



	21/08/2023	29/11/2023
5RM	195	195
Reps	5	6
Est. 1RM	227.18	233.61
Rel. Strength	1.25	1.26

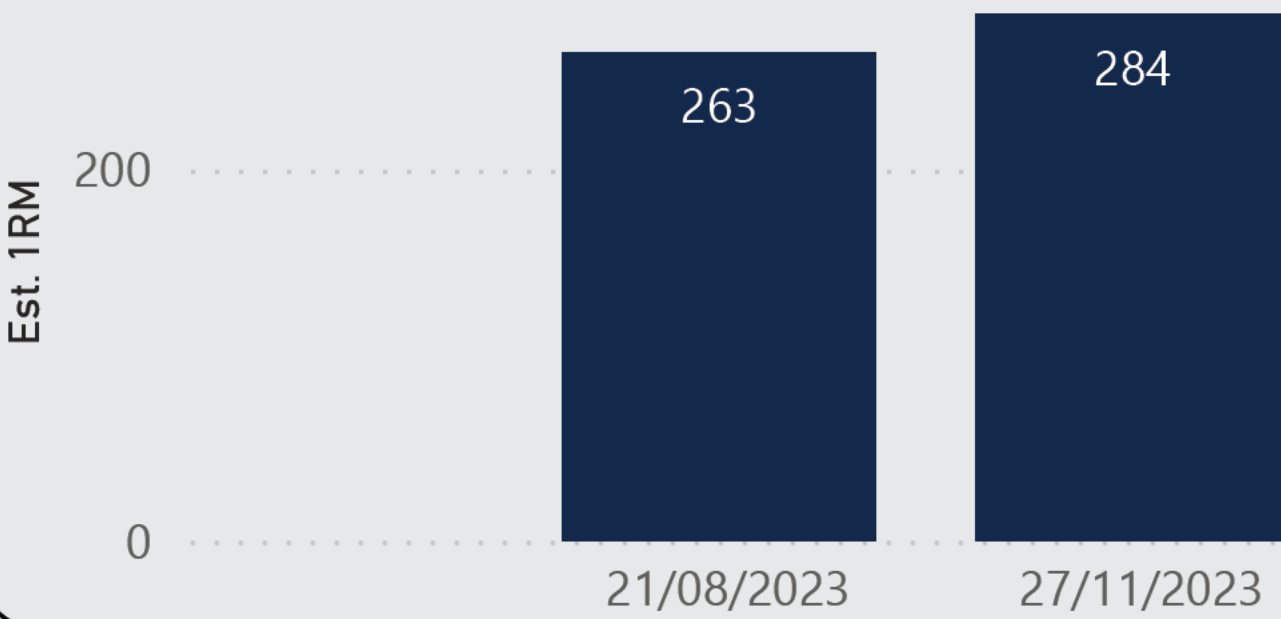
2.83

1RM % Change

0.25

Rel. Strength % Change

Chin-up



	21/08/2023	27/11/2023
5RM	45.00	45.00
Reps	15	11
Est. 1RM	263.42	284.09
Score (Rep*kg)	1,232.25	926.97

7.85

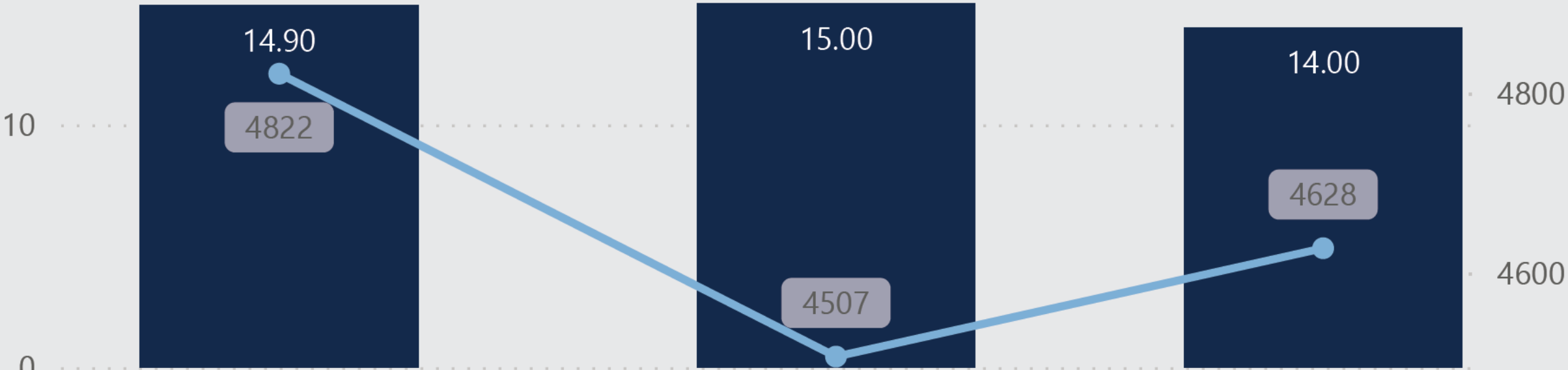
1RM % Change

-24.77

Score % Change

Power

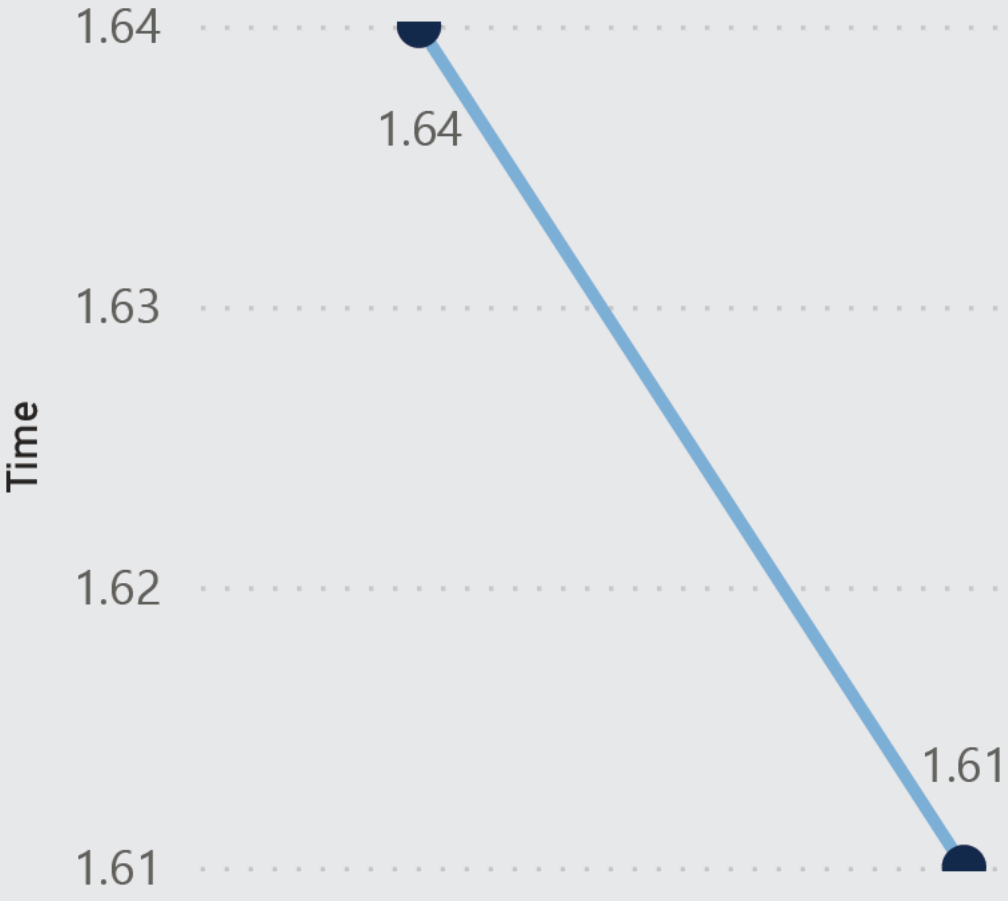
● Jump Height [in] ● Peak Power [W]



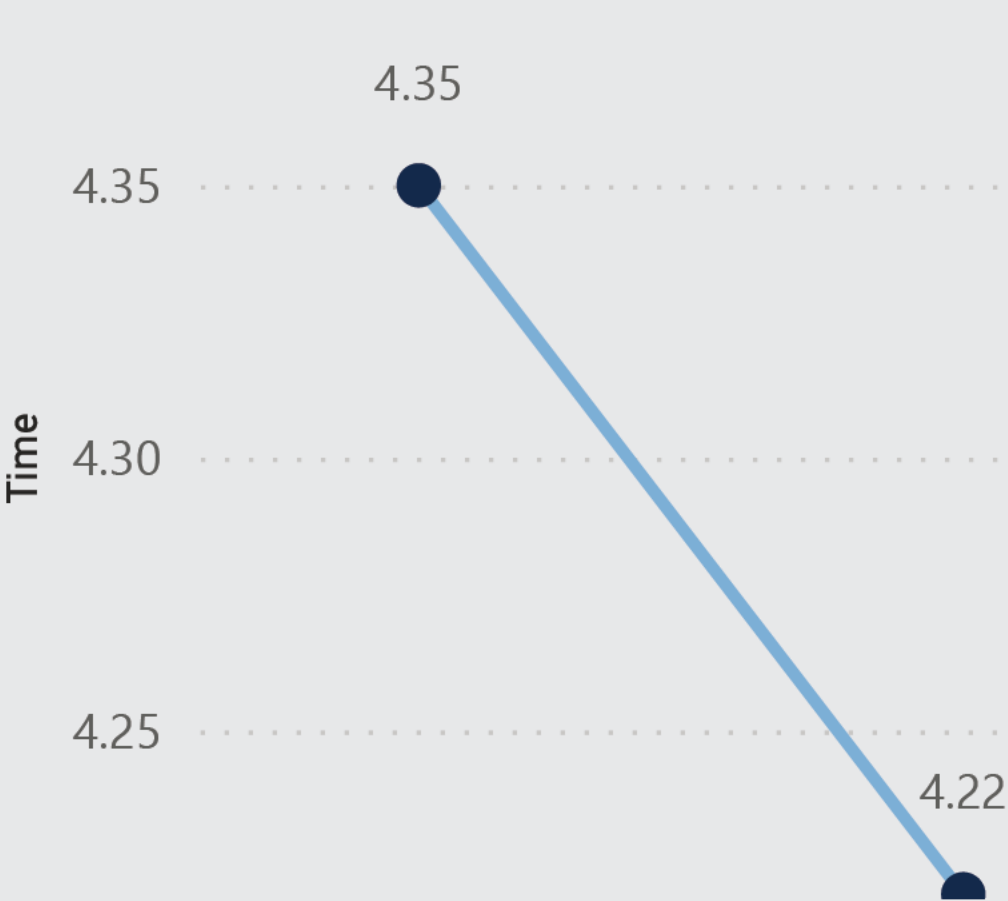
	21/08/2023	30/11/2023
Broad Jump (in)	94.00	94.00
% Change		0.00

Field

10yd Max (s)



1200yd Shuttle Test (min)

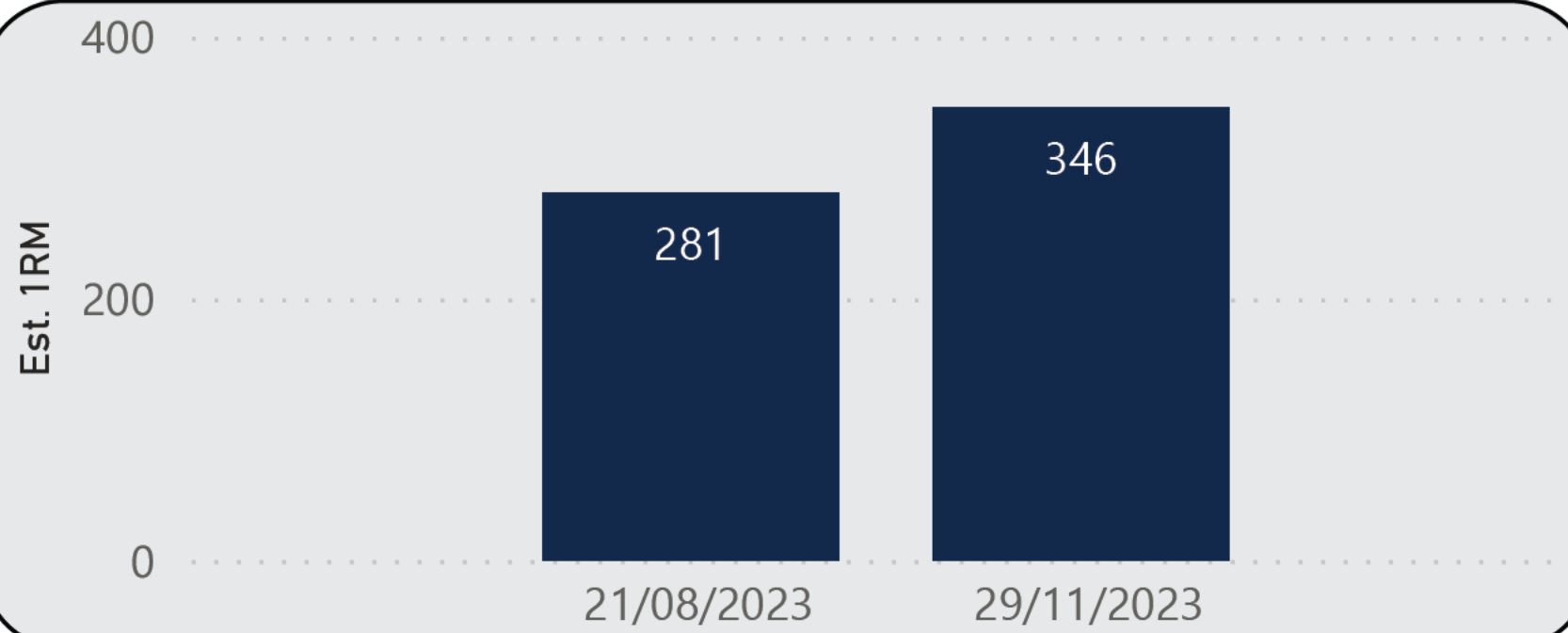




UNC Men's Lacrosse

Team Lift Testing Dashboard

Squat

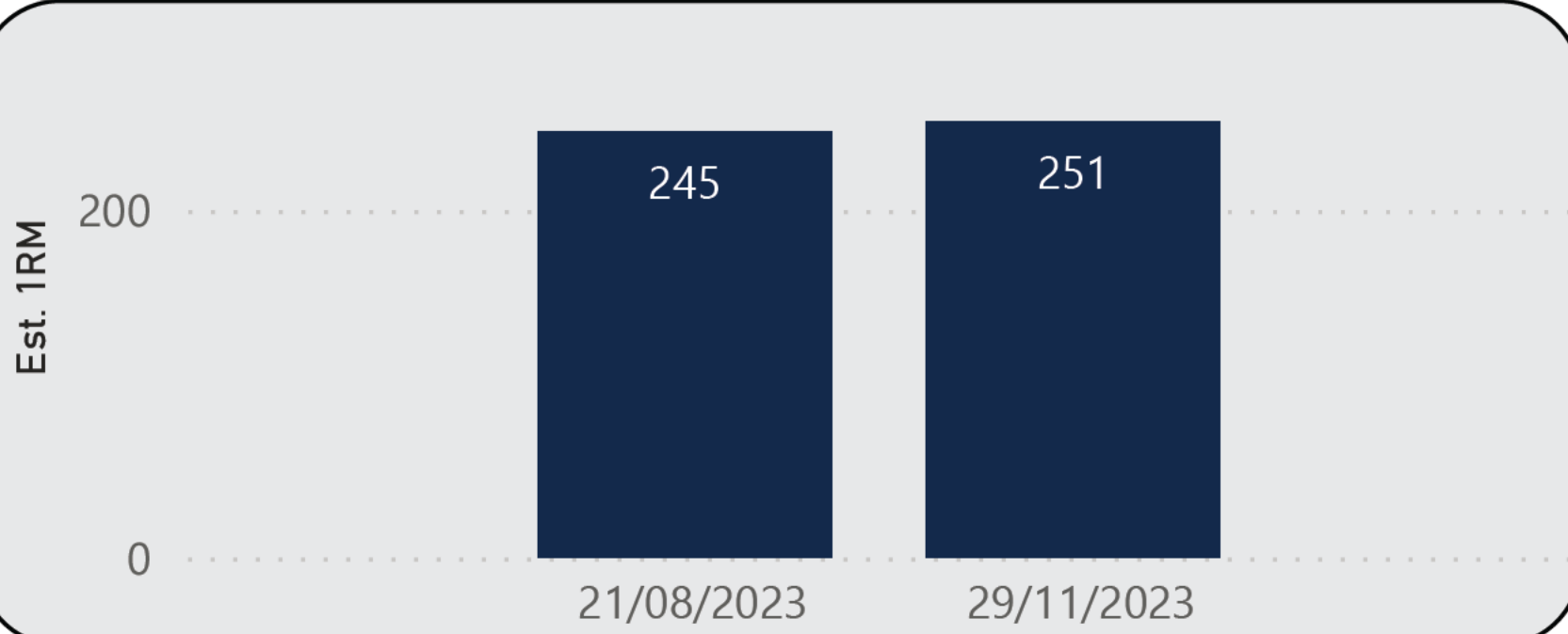


	21/08/2023	29/11/2023
	3	
5RM	241.13	241.82
Reps	5.25	12.06
Est. 1RM	281.03	345.81

20.09
1RM % Change

18.58
Rel. Strength % Change

Bench

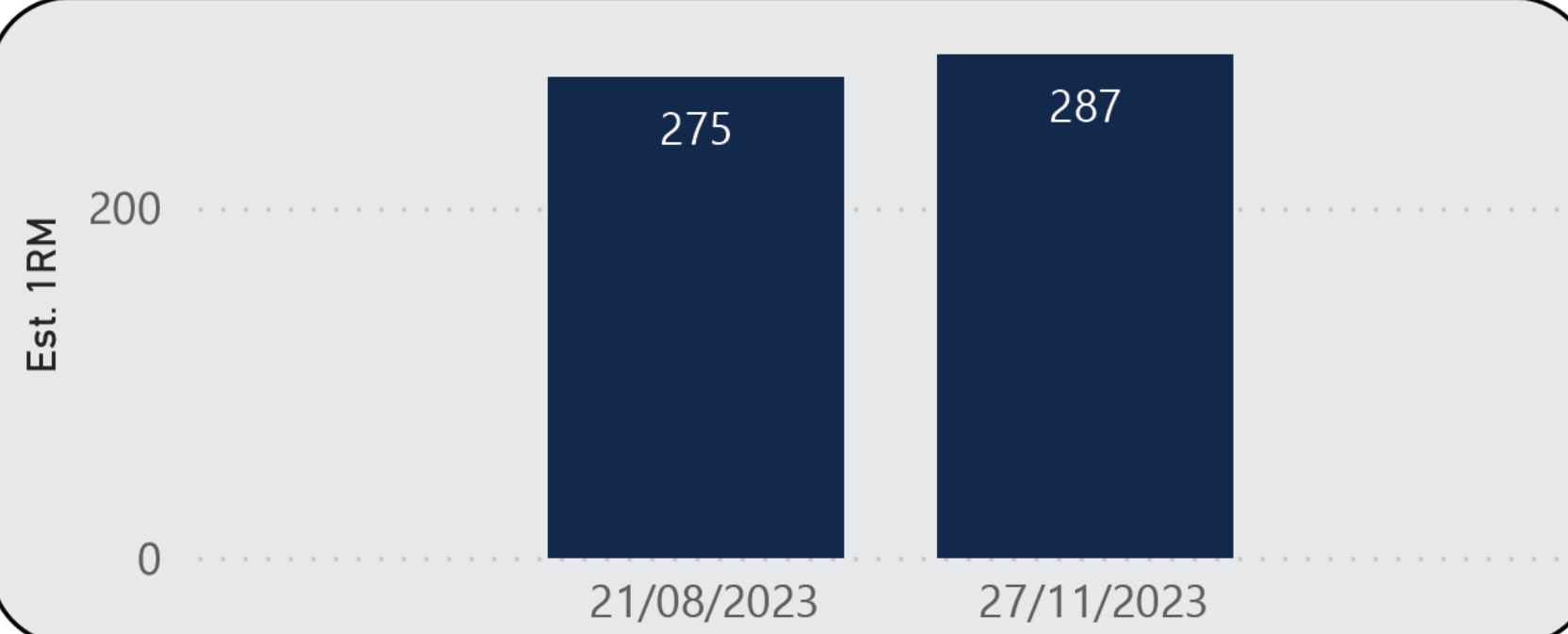


	21/08/2023	29/11/2023
5RM	204.74	200.78
Reps	4.76	8.36
Est. 1RM	245.10	250.89
Rel. Strength	1.28	1.33

6.48
1RM % Change

6.51
Rel. Strength % Change

Chin-up

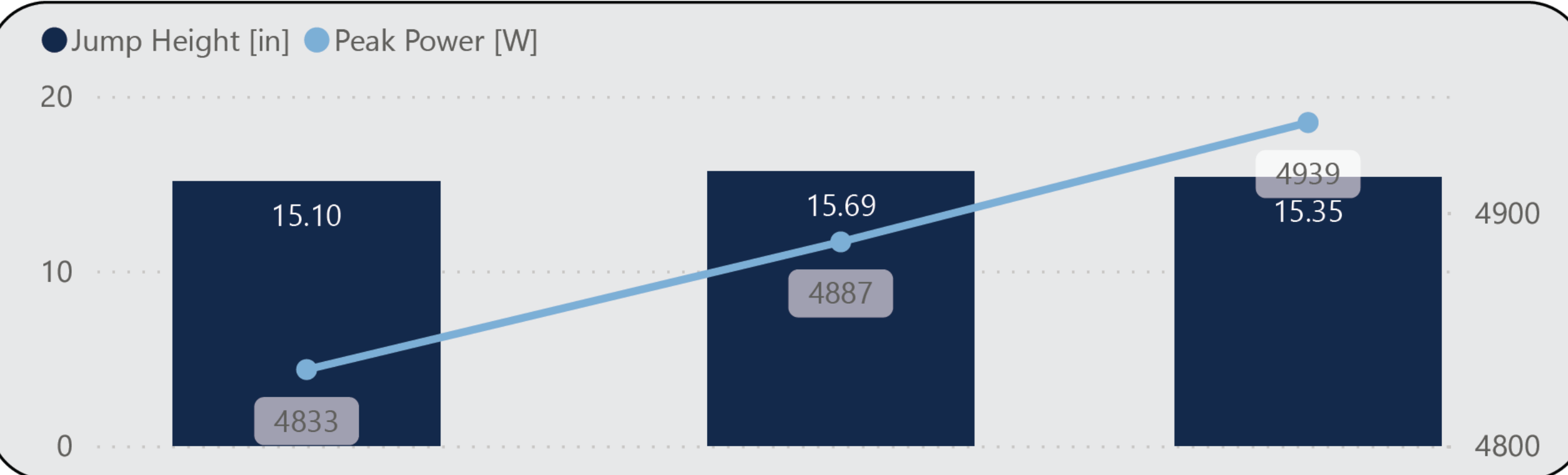


	21/08/2023	27/11/2023
	3	
5RM	53.92	53.92
Reps	15.00	15.64
Est. 1RM	274.83	287.31

2.94
1RM % Change

7.48
Score % Change

Power



	21/08/2023	30/11/2023
Broad Jump (in)	98.47	98.00
% Change		-0.71

Field

