

Charles Gargus

Performance Assessment Overview - July 01, 2025

Countermovement Jump Performance:

Peak Power: 5292.91 (W) - 63.64%
Concentric Impulse: 274.12 (Ns) - 80.17%
Eccentric Braking RFD: 5837.14 (N/s) - 42.98%
Body Mass Relative Peak Power: 54.28 (W/kg) - 35.54%

Plyometric Push Up Performance:

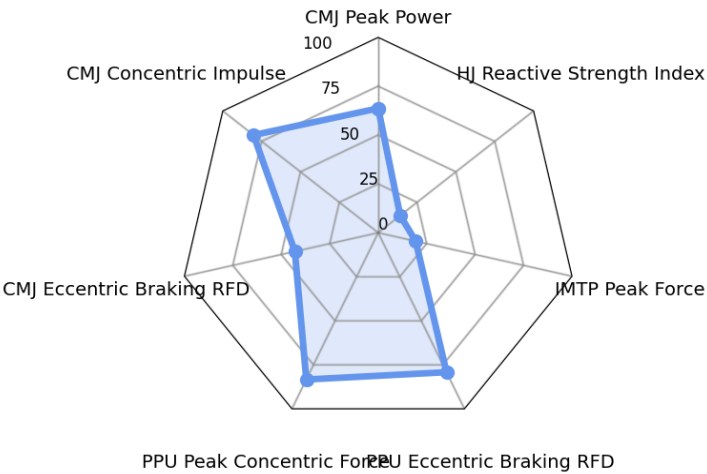
Peak Concentric Force: 1442.73 (N) - 83.33%
Eccentric Braking RFD: 3375.0 (N/s) - 79.17%

Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2821.73 (N) - 19.35%

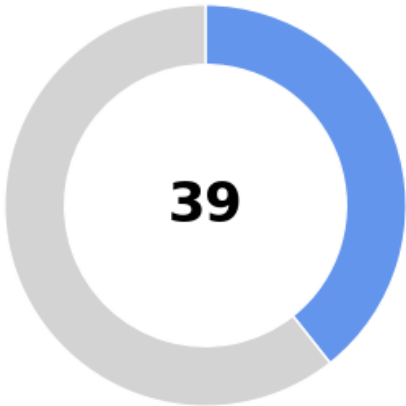
Hop Jump Performance:

HJ Reactive Strength Index: 1.74 - 14.15%



Composite Score: 39.35

Your composite score condenses multiple performance metrics into one simple number reflecting your overall athleticism. It shows how you rank within NextEra's in-house athletes, giving you a clear sense of where you stand. This powerful metric serves as a benchmark for tracking progress and driving performance.



Coaches Notes:

