

# Charles Gargus

## Performance Assessment Overview - August 27, 2025

### Countermovement Jump Performance:

Peak Power: 6151.44 (W) - 90.08%  
Concentric Impulse: 293.1 (Ns) - 90.91%  
Eccentric Braking RFD: 10560.98 (N/s) - 90.91%  
Body Mass Relative Peak Power: 62.34 (W/kg) - 76.03%

### Plyometric Push Up Performance:

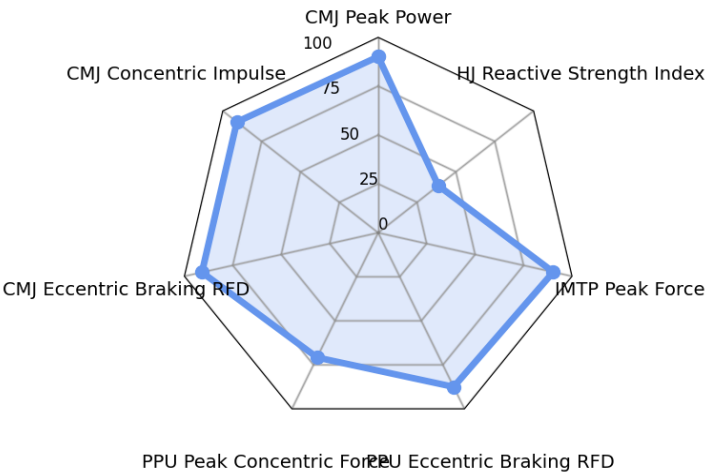
Peak Concentric Force: 1340.04 (N) - 70.83%  
Eccentric Braking RFD: 3747.09 (N/s) - 87.5%

### Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 4002.49 (N) - 90.32%

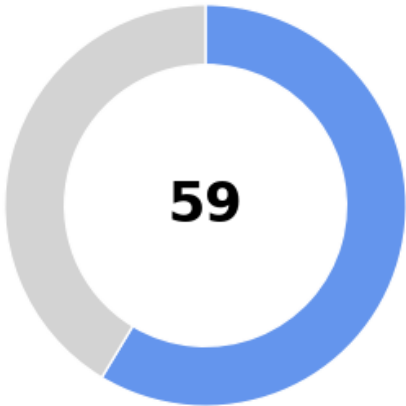
### Hop Jump Performance:

HJ Reactive Strength Index: 2.19 - 38.68%



### Composite Score: 58.64

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:

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