

Lucas Hall

Performance Assessment Overview - September 08, 2025

Athlete Body Weight:

Body Weight: 148.22 (lbs)

Countermovement Jump Performance:

Peak Power: 4106.42 (W) - 60.9%

Concentric Impulse: 199.62 (Ns) - 60.45%

Eccentric Braking RFD: 6047.95 (N/s) - 75.06%

Body Mass Relative Peak Power: 61.08 (W/kg) - 83.37%

Plyometric Push Up Performance:

Peak Concentric Force: 1085.69 (N) - 54.9%

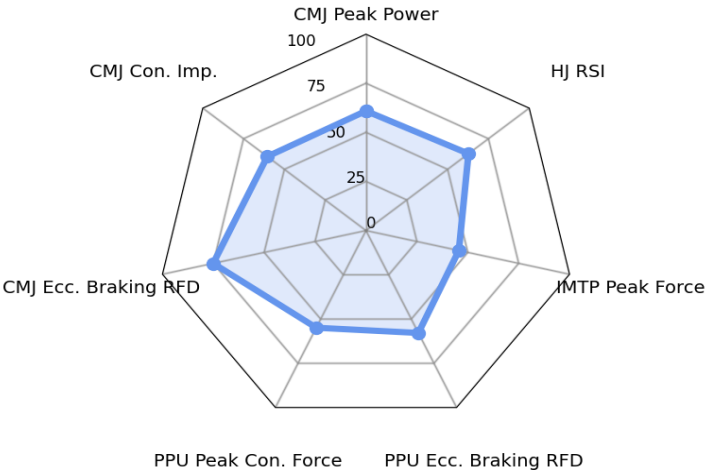
Eccentric Braking RFD: 2233.67 (N/s) - 57.84%

Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2483.26 (N) - 45.61%

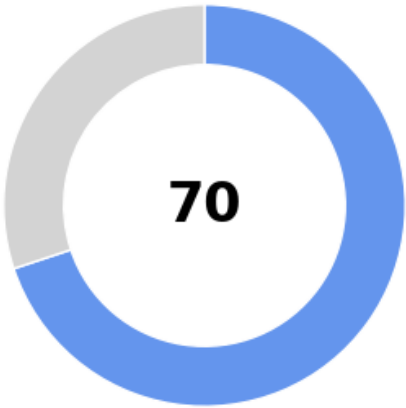
Hop Jump Performance:

HJ Reactive Strength Index: 2.14 - 62.77%



Composite Score: 69.91

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:
