

Blake Maestas

Performance Assessment Overview - September 04, 2025

Athlete Body Weight:

Body Weight: 214.99 (lbs)

Countermovement Jump Performance:

Peak Power: 5292.91 (W) - 92.13%

Concentric Impulse: 274.12 (Ns) - 97.08%

Eccentric Braking RFD: 5837.14 (N/s) - 72.58%

Body Mass Relative Peak Power: 54.28 (W/kg) - 60.45%

Plyometric Push Up Performance:

Peak Concentric Force: 1442.73 (N) - 94.12%

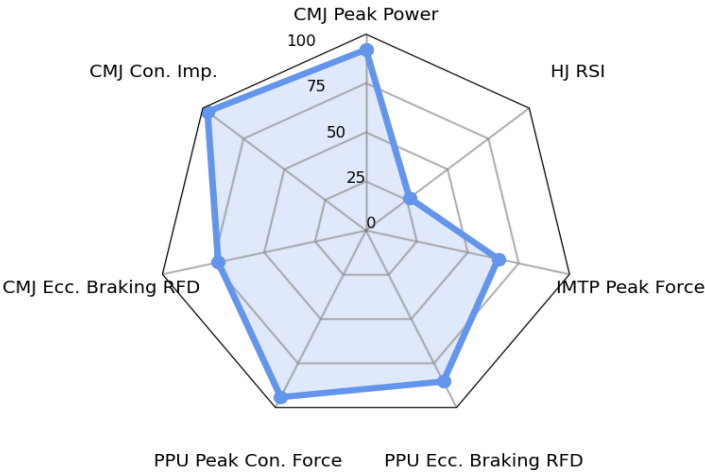
Eccentric Braking RFD: 3375.0 (N/s) - 85.29%

Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2821.73 (N) - 64.91%

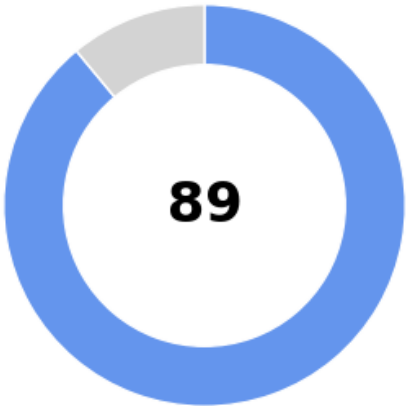
Hop Jump Performance:

HJ Reactive Strength Index: 1.74 - 26.63%



Composite Score: 88.99

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:
