

# Braden Thorn

## Performance Assessment Overview - August 03, 2025

### Reactive Strength:

HJ Reactive Strength Index: 2.8 - 88.24%

### Lower Half Strength:

IMTP Peak Vertical Force: 2750.51(N) - 33.33%

### Upper Half Strength:

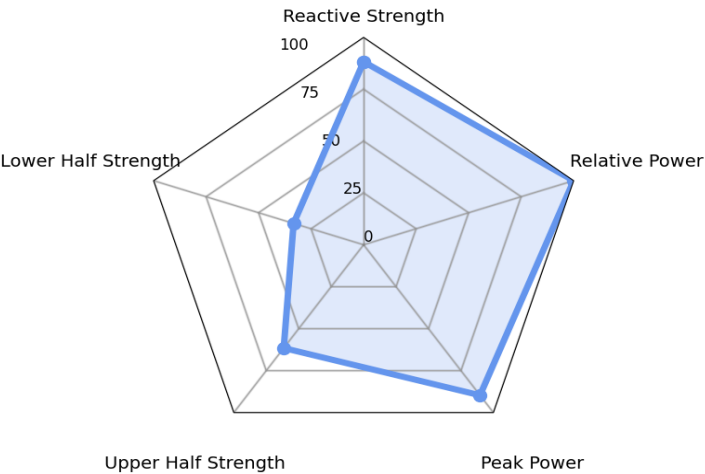
PPU Peak Concentric Force: 1229.74(N) - 61.54%

### Peak Power:

CMJ Peak Power: 6304.9(W) - 89.66%

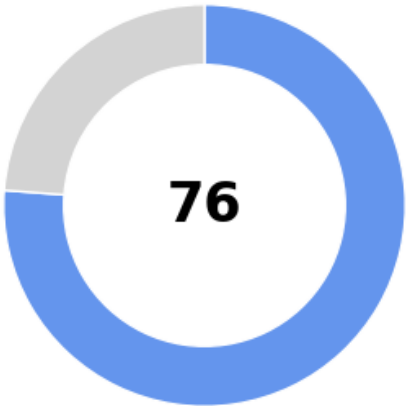
### Relative Power:

CMJ Relative Peak Power: 72.63(W/kg) - 100.0%



### Composite Score: 76.21

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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