

# Blake Maestas

## Performance Assessment Overview - September 04, 2025

### Countermovement Jump Performance:

Peak Power: 5292.91(W) - 90.86%  
Concentric Impulse: 274.12(Ns) - 96.77%  
Eccentric Braking RFD: 5837.14(N/s) - 70.43%  
Body Mass Relative Peak Power: 54.28(W/kg) - 55.65%

### Plyometric Push Up Performance:

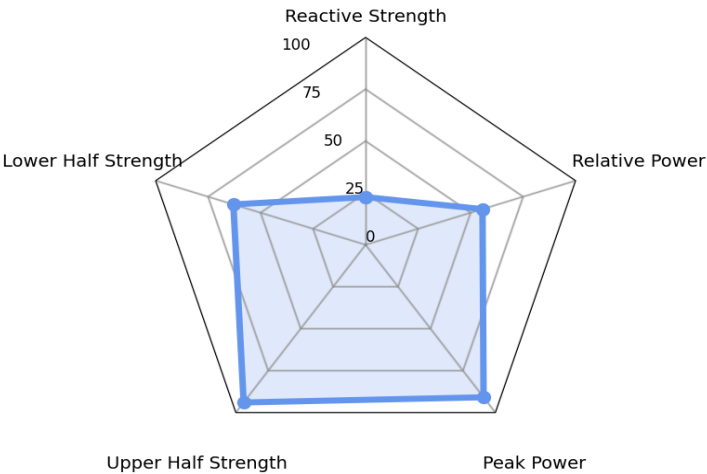
Peak Concentric Force: 1442.73(N) - 93.94%  
Eccentric Braking RFD: 3375.0(N/s) - 84.85%

### Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2821.73(N) - 62.96%

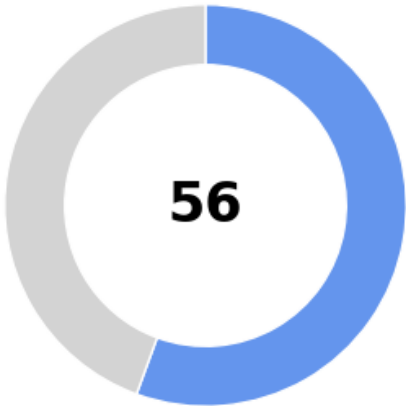
### Hop Jump Performance:

HJ Reactive Strength Index: 1.74 - 23.0%



### Composite Score: 55.58

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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