

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:

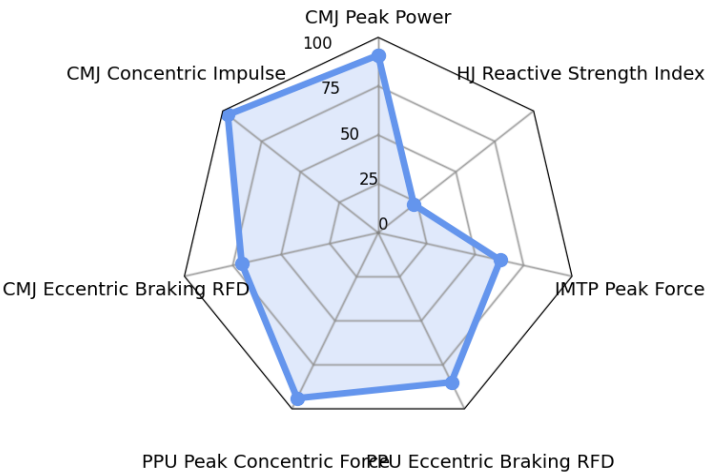
Peak Concentric Force: 1442.73 (N) - 93.94%
Eccentric Braking RFD: 3375.0 (N/s) - 84.85%

Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2821.73 (N) - 62.96%

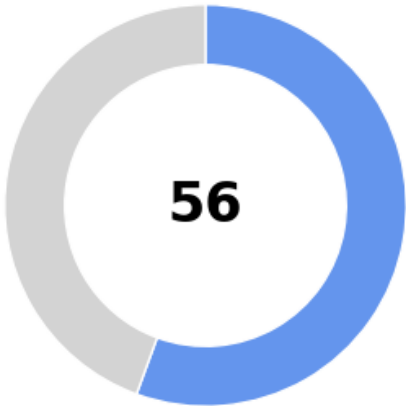
Hop Jump Performance:

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:
