

# Charles Gargus

## Performance Assessment Overview - July 01, 2025

### Athlete Body Weight:

Body Weight: 203.57 (lbs)

### Countermovement Jump Performance:

Peak Power: 5474.82 (W) - 73.55%

Concentric Impulse: 268.06 (Ns) - 74.38%

Eccentric Braking RFD: 8647.06 (N/s) - 75.21%

Body Mass Relative Peak Power: 59.29 (W/kg) - 63.64%

### Plyometric Push Up Performance:

Peak Concentric Force: 1174.71 (N) - 41.67%

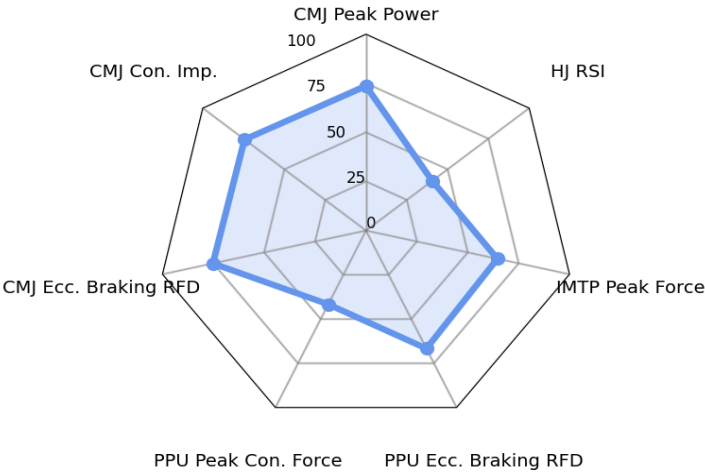
Eccentric Braking RFD: 3008.77 (N/s) - 66.67%

### Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 3503.71 (N) - 64.52%

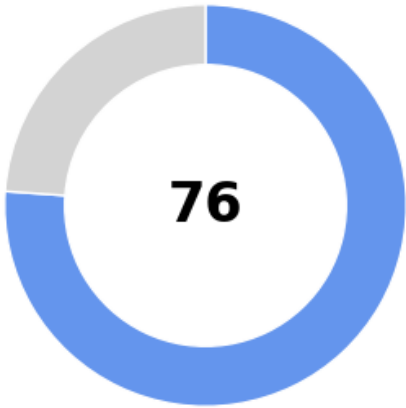
### Hop Jump Performance:

HJ Reactive Strength Index: 2.22 - 40.57%



### Composite Score: 76.13

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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