

Blake Maestas

Performance Assessment Overview - September 04, 2025

Countermovement Jump Performance:

HJ Reactive Strength Index: 1.74 - 23.0%

Plyometric Push Up Performance:

IMTP Peak Vertical Force: 2821.73(N) - 62.96%

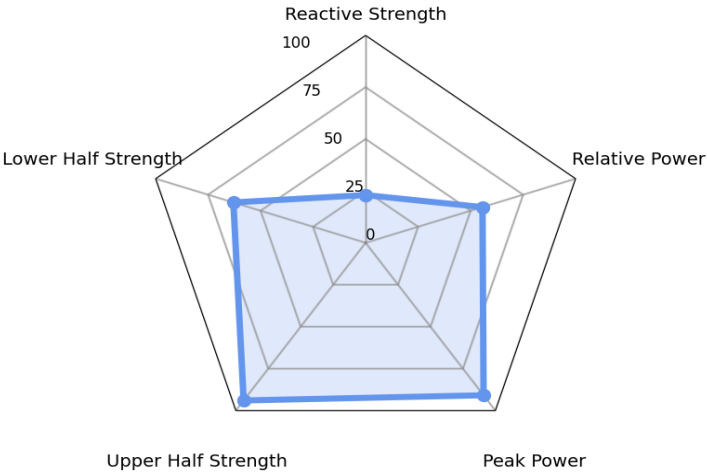
Isometric Mid Thigh Pull Performance:

PPU Peak Concentric Force: 1442.73(N) - 93.94%

Hop Jump Performance:

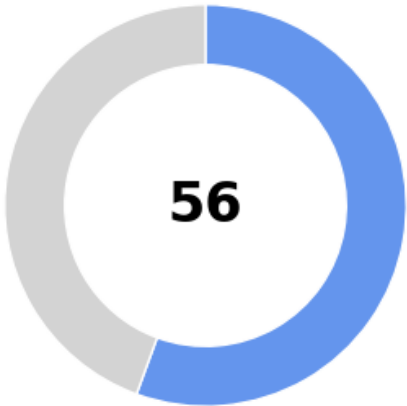
CMJ Peak Power: 5292.91(W) - 90.86%

CMJ Relative Peak Power: 54.28(W/kg) - 55.65%



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:
