

Blake Maestas

Performance Assessment Overview - September 04, 2025

Reactive Strength:

HJ Reactive Strength Index: 1.73 - 22.33%

Lower Half Strength:

IMTP Peak Vertical Force: 2723.42(N) - 61.11%

Upper Half Strength:

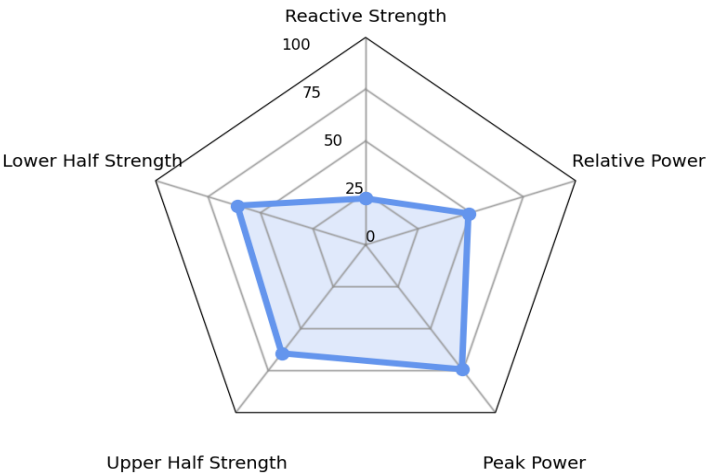
PPU Peak Concentric Force: 1166.42(N) - 64.65%

Peak Power:

CMJ Peak Power: 4641.44(W) - 74.19%

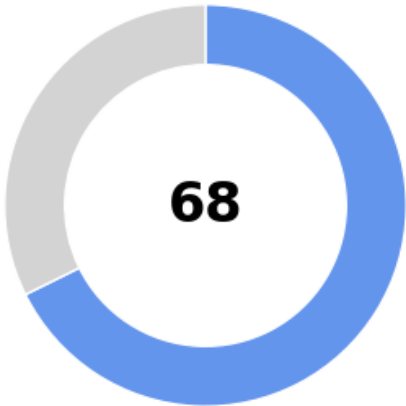
Relative Power:

CMJ Relative Peak Power: 53.35(W/kg) - 48.92%



Composite Score: 67.69

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:

