

POWER METRICS

JOE BASEBALL

Individual Annual Gains & Overall Annual Strength Percentage Increase

Focused lifts	FR- 2022	SO- 2023	JR- 2024	SR- 2025	CURRENT MAX
BENCH	100lbs	+50lbs	+40lbs	+30lbs	230lbs
CLEANS	100lbs	+50lbs	+40lbs	+30lbs	230lbs
DEADLIFT	100lbs	+50lbs	+40lbs	+30lbs	530lbs
SQUAT	100lbs	+50lbs	+40lbs	+30lbs	530lbs
RDL	100lbs	+50lbs	+40lbs	+30lbs	530lbs
TTL. YR. GAIN %		+50lbs	+60lbs	+40lbs	+40lbs

Power Metrics demonstate yearly progress, and cumlative gains