

## HIT STATS



## POWER STATS

### EXIT VELO



### DISTANCE



## ARM STATS



## RUN STATS



## HIT STATS



STATS

## POWER STATS



STATS

## ARM STATS



## RUN STATS



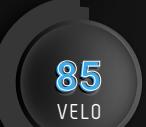
STATS

## STRENGTH & MASS GAINS

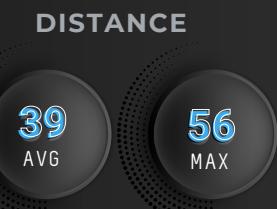
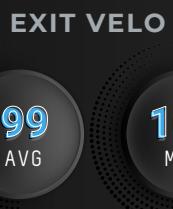
LIFTS	FR.	SO.	JR.	SR.
BENCH	100lbs	+50lbs	+40lbs	<b>+30lbs</b>
CLEANS	100lbs	+10lbs	+40lbs	<b>+30lbs</b>
DEADLIFT	100lbs	+40lbs	+40lbs	<b>+30lbs</b>
SQUAT	100lbs	+50lbs	+40lbs	<b>+30lbs</b>
RDL	100lbs	+30lbs	+40lbs	<b>+30lbs</b>
% Body Fat	%18	-%2	-%2	-%2
%Muscle Mass	%70	+%7	+%7	+%7

## PERFORMANCE METRICS

### HIT STATS



### POWER STATS



### ARM STATS



### RUN STATS



JOE BASEBALL

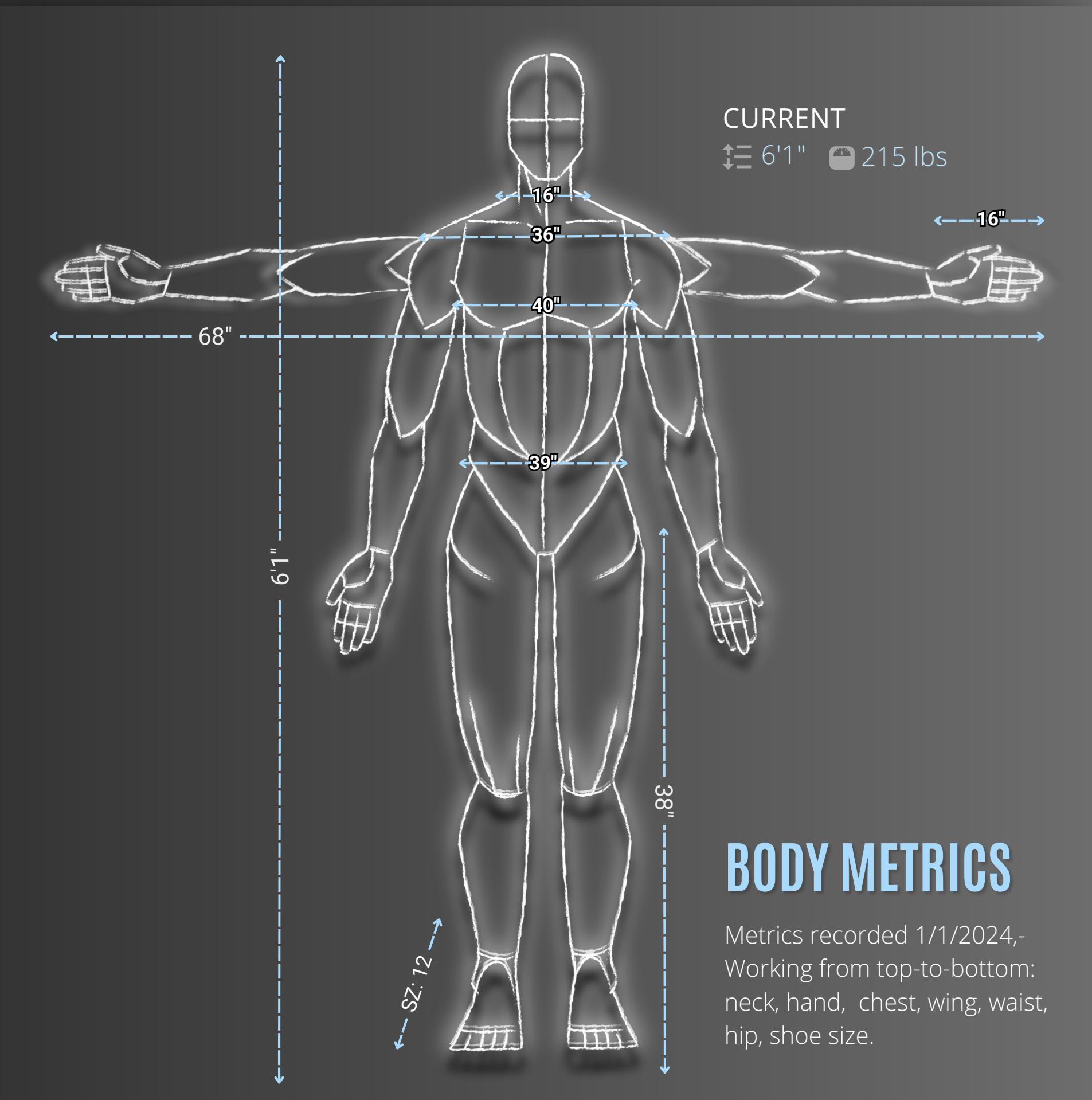
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2024 CATCHER

SAT-900 GPA-5.0



# 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 demonstrate yearly progress, and cumulative gains