

# PHYSICAL PERFORMANCE PROFILE

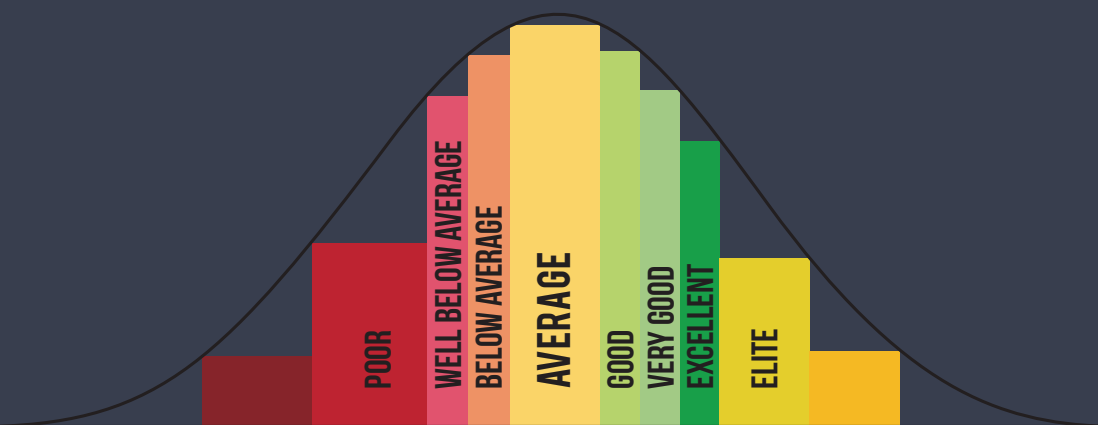
TESTING THE BOUNDARIES OF ATHLETIC POTENTIAL



What is

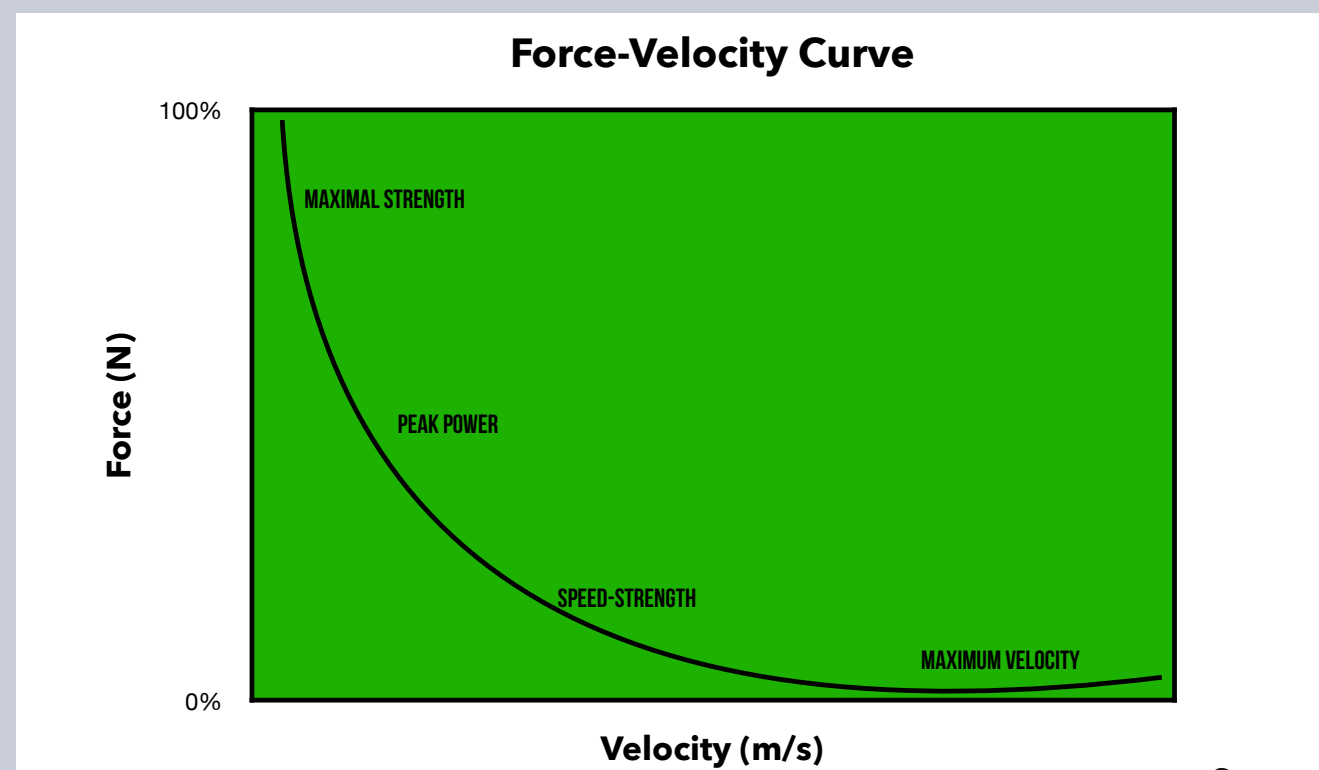
# BENCHMARKING?

- Process of evaluating objective performance standards against others considered to be the best in your age/sport.
- See how you compare to your competition and where you rank.
- Strategic way to learn how to focus your training to define opportunities for physical development.



## STRENGTH QUALITIES

What defines an elite athlete? When it comes to the majority of sports, the more powerful and explosive you are physically, the better your odds of success. At Better Faster Stronger Science, we have selected a range of performance tests to objectively understand and profile the strength and power attributes of athletes. With this battery of tests, we can evaluate and assess you compared to the best athletes in the country. This objective information will allow you to see your progress over time and focus your training to reach your full athletic potential.



# BFS SCIENCE ASSESSMENT

Age:                      Sport:  
Weight:                      Sex:

BFS TESTING: PERFORMANCE TESTS	REACTIVE STRENGTH (IN)	ELASTIC STRENGTH (IN)	BALLISTIC STRENGTH (IN)	ACCELERATION/SPEED (SECS)	MAXIMAL STRENGTH (LBS)
YOU					
ELITE PERFORMERS AVG		UNLOCK WITH PRO UPGRADE	UNLOCK WITH PRO UPGRADE	UNLOCK WITH PRO UPGRADE	UNLOCK WITH PRO UPGRADE
YOUR BENCHMARK		UNLOCK WITH PRO UPGRADE	UNLOCK WITH PRO UPGRADE	UNLOCK WITH PRO UPGRADE	UNLOCK WITH PRO UPGRADE

The table above summarizes your raw performance data across a series of performance tests. Your numbers are compared to the average athlete in your age range and primary sport.

You have just completed an assessment at BFS Science utilizing the latest in sports science technology. The table listed above presents the raw data that was collected with your performance tests. Track your results to see how you progress over the years. You have been provided one

sample results/benchmark comparison in the Basic report. You can upgrade to our **Professional** report and see how you benchmark in each performance test. This will provide details on your specific strengths and weaknesses, so you can maximize your physical potential.



# REACTIVE STRENGTH

## FUNCTIONAL ASSESSMENT: REBOUND JUMP TEST

This test is used to measure how an athlete manages and functions during “fast” plyometric activities. Plyometrics are defined as quick, powerful movements that begin with an eccentric (braking) action and is immediately followed by a concentric (acceleration) action. Reactive strength is critical as it demonstrates the ability to develop the maximal amount of force in fractions of a second. This strength quality is directly correlated to an athletes ability to accelerate, speed, change of direction and agility.

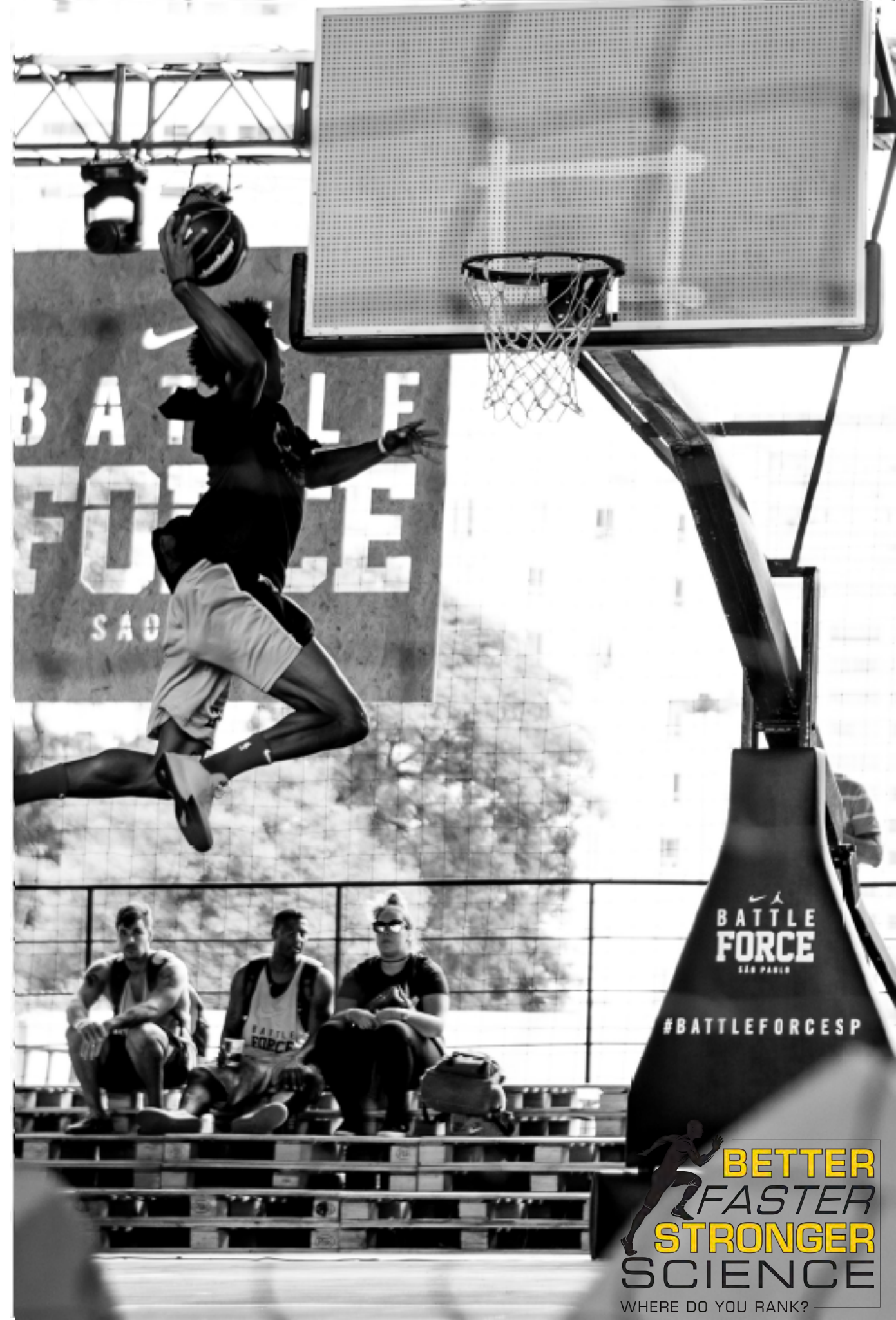




# ELASTIC STRENGTH

## FUNCTIONAL ASSESSMENT: COUNTER-MOVEMENT JUMP

The CMJ test is used to measure how an athlete copes and performs during “slow” plyometric activities, also known as Elastic strength. This slow ground contact time refers to anything over 250ms. Elastic strength is a critical component of athleticism and is directly related to the ability to generate peak power ( $\text{Power} = \text{Strength} \times \text{Speed}$ ). Elastic strength also uses the stretch-shortening cycle, similar to the Rebound Jump to express power, but in more prolonged fashion.





# BALLISTIC STRENGTH

## FUNCTIONAL ASSESSMENT: SQUAT JUMP

The SJ test is a measure of how an athlete utilizes the concentric (acceleration) portion of a muscle contraction. The SJ Test does not allow an athlete to use the stretch-shortening cycle or eccentric (braking) muscle action like in plyometric testing (Rebound Jump and CMJ Test). In other words, we are assessing how well an athlete generates power when we remove the muscles natural "spring".





# SPEED/ACCELERATION

## FUNCTIONAL ASSESSMENT: 10YD/40YD SPRINT

The 10/40YD sprint test is a simple and popular test used to measure an athlete's ability to accelerate and reach near top speed. As short-distance accelerations are common in a large variety of sports, the 10YD portion is used to measure an athlete's linear speed/acceleration capabilities, while the 40YD distance is used to measure top speed. The ability to get the most explosive first step, top speed first and stay at top speed is the difference in almost any sport. Where do you rank?





# MAXIMAL STRENGTH

## FUNCTIONAL ASSESSMENT: ISO MID-THIGH PULL

Maximal strength is the greatest amount of force that can be produced, regardless of time. All strength qualities are important, but unless you have enough raw horsepower in your engine, you won't be going anywhere in a hurry. Training to increase maximal strength also builds the foundation of "power" by increasing the force variable in the power equation ( $P=F \times V$ ).





BFS Science

# CONCLUSION



At **Better Faster Stronger Science**, our goal is to help you reach your athletic potential. We know what it takes to be the best, with over 20 years of experience working with teams and players in the NBA, MLB, NFL, PGA and more. Take advantage of the objective data in this report and **"Maximize your strengths; Minimize your weaknesses."**

If you have questions or interested in our other services, please let us know. We offer consultations and work with an integrated group of coaches, trainers, therapists and doctors around your area.

Visit our website at [www.bfsscience.com](http://www.bfsscience.com)

**"TESTING THE BOUNDARIES OF ATHLETIC POTENTIAL"**

