

HAYDEN VALL

ANTHROPOMETRIC TESTING

Weight	60.30	kg
Height	169.1	cm
Sitting Height	88.3	cm
Leg Length	80.8	cm
APHV	0.62	years
Predicted Age to Puberty	13.52	years
Bod Pod	24.20	%
Hamstring Flexibility	10	cm

PHYSICAL TESTING

Counter Movement Jump	31.2	cm
Repeat Sprint (avg)	12.97	s
Fatigue Index	4.11	%
2 km Time Trial	10.57	mm.ss
Grip Strength (Left)	32	kg
Grip Strength (Right)	36	kg
Wall Toss (no. per 1 min)	54	



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