

ESAM RAHMAN

ANTHROPOMETRIC TESTING

	Result	
Weight	49.40	kg
Height	161.2	cm
Sitting Height	84.0	cm
Leg Length	77.2	cm
APHV	-0.33	years
Predicted Age to Puberty	13.82	years
Bod Pod	19.40	%

PHYSICAL TESTING

Counter Movement Jump	33.5	cm
Repeat Sprint (avg)	11.98	s
Fatigue Index	2.30	%
2 km Time Trial	9.26	mm.ss
Grip Strength (Left)	27.00	kg
Grip Strength (Right)	31.00	kg



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