

# JAMES ARNOLD

## ANTHROPOMETRIC TESTING

	Result	
Weight	64.40	kg
Height	179.0	cm
Sitting Height	94.9	cm
Leg Length	84.1	cm
APHV	2.37	years
Predicted Age to Puberty	13.45	years
Bod Pod	11.40	%

## PHYSICAL TESTING

Counter Movement Jump	45.1	cm
Repeat Sprint (avg)	10.67	s
Fatigue Index	3.79	%
2 km Time Trial	9.19	mm.ss
Grip Strength (Left)	51.00	kg
Grip Strength (Right)	53.00	kg



MICHAEL CLARKE CRICKET ACADEMY  
40 LIME STREET SYDNEY NSW 2000 AUSTRALIA

[MICHAELCLARKEACADEMY.COM](http://MICHAELCLARKEACADEMY.COM)

