

JORDAN TELFORD

ANTHROPOMETRIC TESTING

| | | |
|--------------------------|-------|-------|
| Weight | 53.90 | kg |
| Height | 175.7 | cm |
| Sitting Height | 93.0 | cm |
| Leg Length | 82.7 | cm |
| APHV | 2.34 | years |
| Predicted Age to Puberty | 14.13 | years |
| Bod Pod | 9.20 | % |
| Hamstring Flexibility | 25 | cm |

PHYSICAL TESTING

| | | |
|---------------------------|-------|-------|
| Counter Movement Jump | 40.0 | cm |
| Repeat Sprint (avg) | 11.71 | s |
| Fatigue Index | 4.81 | % |
| 2 km Time Trial | 9.56 | mm.ss |
| Grip Strength (Left) | 34 | kg |
| Grip Strength (Right) | 43 | kg |
| Wall Toss (no. per 1 min) | 58 | |



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