

# HAMISH BOGDAN

## ANTHROPOMETRIC TESTING

|                          |       |       |
|--------------------------|-------|-------|
| Weight                   | 42.90 | kg    |
| Height                   | 150.2 | cm    |
| Sitting Height           | 81.9  | cm    |
| Leg Length               | 68.3  | cm    |
| APHV                     | -1.17 | years |
| Predicted Age to Puberty | 13.53 | years |
| Bod Pod                  | 20.40 | %     |
| Hamstring Flexibility    | 18    | cm    |

## PHYSICAL TESTING

|                           |       |       |
|---------------------------|-------|-------|
| Counter Movement Jump     | 28.5  | cm    |
| Repeat Sprint (avg)       | 12.97 | s     |
| Fatigue Index             | 3.72  | %     |
| 2 km Time Trial           | 9.41  | mm.ss |
| Grip Strength (Left)      | 20.7  | kg    |
| Grip Strength (Right)     | 25    | kg    |
| Wall Toss (no. per 1 min) | 43    |       |



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