

SHAHILL NAIR

ANTHROPOMETRIC TESTING

Weight	57.00	kg
Height	179.4	cm
Sitting Height	88.2	cm
Leg Length	91.2	cm
APHV	1.02	years
Predicted Age to Puberty	14.14	years
Bod Pod	7.60	%
Hamstring Flexibility	24	cm

PHYSICAL TESTING

Counter Movement Jump	46.7	cm
Repeat Sprint (avg)	11.19	s
Fatigue Index	4.86	%
2 km Time Trial	8.50	mm.ss
Grip Strength (Left)	35	kg
Grip Strength (Right)	41	kg
Wall Toss (no. per 1 min)	34	



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