

# JAMES LINDSAY

## ANTHROPOMETRIC TESTING

Weight	35.40	kg
Height	153.5	cm
Sitting Height	79.2	cm
Leg Length	74.3	cm
APHV	-1.01	years
Predicted Age to Puberty	14.64	years
Bod Pod	17.50	%
Hamstring Flexibility	25	cm

## PHYSICAL TESTING

Counter Movement Jump	27.5	cm
Repeat Sprint (avg)	14.24	s
Fatigue Index	7.08	%
2 km Time Trial	11.04	mm.ss
Grip Strength (Left)	21	kg
Grip Strength (Right)	19	kg
Wall Toss (no. per 1 min)	55	



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