

WILLIAM FORT

ANTHROPOMETRIC TESTING

Weight	59.80	kg
Height	169.5	cm
Sitting Height	88.9	cm
Leg Length	80.6	cm
APHV	0.40	years
Predicted Age to Puberty	13.17	years
Bod Pod	16.30	%
Hamstring Flexibility	24	cm

PHYSICAL TESTING

Counter Movement Jump	37.4	cm
Repeat Sprint (avg)	12.08	s
Fatigue Index	0.83	%
2 km Time Trial	10.50	mm.ss
Grip Strength (Left)	31	kg
Grip Strength (Right)	37	kg
Wall Toss (no. per 1 min)	62	



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