

ADAM WINCHESTER

ANTHROPOMETRIC TESTING

Weight	69.90	kg
Height	178.0	cm
Sitting Height	90.1	cm
Leg Length	87.9	cm
APHV	1.10	years
Predicted Age to Puberty	13.37	years
Bod Pod	14.10	%
Hamstring Flexibility	21	cm

PHYSICAL TESTING

Counter Movement Jump	43.6	cm
Repeat Sprint (avg)	11.40	s
Fatigue Index	4.48	%
2 km Time Trial	9.46	mm.ss
Grip Strength (Left)	43	kg
Grip Strength (Right)	34	kg
Wall Toss (no. per 1 min)	58	



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