

# JACK WILLIAMS

## ANTHROPOMETRIC TESTING

Weight	59.30	kg
Height	170.0	cm
Sitting Height	87.6	cm
Leg Length	82.4	cm
APHV	-0.12	years
Predicted Age to Puberty	12.97	years
Bod Pod	20.60	%
Hamstring Flexibility	27	cm

## PHYSICAL TESTING

Counter Movement Jump	35.2	cm
Repeat Sprint (avg)	12.33	s
Fatigue Index	4.53	%
2 km Time Trial	9.26	mm.ss
Grip Strength (Left)	36	kg
Grip Strength (Right)	38	kg
Wall Toss (no. per 1 min)	56	



MICHAEL CLARKE CRICKET ACADEMY  
40 LIME STREET SYDNEY NSW 2000 AUSTRALIA

[MICHAELCLARKEACADEMY.COM](http://MICHAELCLARKEACADEMY.COM)



