

**PLESSER, JACK**

3.8.23

BODYWEIGHT	190
BODY FAT %	5.7
COUNTERMOVEMENT JUMP - IMPULSE MOMENTUM - INCHES - HANDS ON HIPS	17.1
COUNTERMOVEMENT JUMP - REACTIVE STRENGTH INDEX MODIFIED	0.66
ISOMETRIC MID THIGH PULL - PEAK VERTICAL FORCE	3411 N
BACK SQUAT	263 lbs
FRONT SQUAT	245 lbs
ROMANIAN DEADLIFT (RDL)	315 lbs
BENCH PRESS	165 lbs
CHINUP	190+65 lbs

\* ALL SQUATS WERE PERFORMED WITH A 3 SECOND ECCENTRIC WITH HAMSTRING COVERING CALF IN BOTTOM POSITION.

\* CHINUPS WERE PERFORMED WITH ELBOWS LOCKED OUT IN BOTTOM RANGE AND STERNUM TOUCHING THE BAR IN TOP RANGE.