



# SPORTS ACADEMY

SPORT PERFORMANCE | SPORT SCIENCE | SPORT LEADERSHIP

WWW.BJESCOLUMBUS.COM/HSPA

## SIX WEEK TEST RESULTS

OCTOBER 2018

### BOX JUMP

#### Participant One

Participant One increased their box jump by eight inches

#### Participant Two

Participant Two increased theirs by two inches.

### LATERAL JUMP

#### Participant One

Participant One increased their lateral jump by eight inches on the right side and eleven inches on the left side.

#### Participant Two

Participant Two increased by fourteen and a half inches on the right side and six inches on the left side.

### 40 YARD DASH

Both participants lowered their 40yd dash time by .2seconds

### BULGARIAN SPLIT SQUAT 3RM

#### Participant One

Participant One increased their 3RM by 20lbs

#### Participant Two

Participant Two increased their 3RM by 15lbs.

### PUSH-UPS

#### Participant One

Participant One increased the amount of push-ups they can do by six

#### Participant Two

Participant Two increased by ten

### ANKLE MOBILITY, CLOSED CHAIN DORSI FLEXION

#### Participant One

Participant One increased their ankle mobility by 3.5cm and 6.5 cm on the other ankle.

#### Participant Two

Participant Two increased their ankle mobility by 2.5cm each ankle. Both participants now have symmetry on both ankles.

### SIT AND REACH

#### Participant One

Participant One increased their sit and reach by two inches

#### Participant Two

Participant Two increased their score by 1 inch.

### BROAD JUMP

#### Participant One

Participant One increased their broad jump by nine inches

#### Participant Two

Participant Two increased theirs by two inches.

### PRO AGILITY

#### Participant One

Utilizing a laser timing system, Participant one lowered their pro agility time by .26seconds

#### Participant Two

Participant Two increased lowered their time by .37seconds.

### KNEELING MB THROW

Both participants increased their distance by three feet.

### PULL-UPS

Both participants increased their pull-ups by three.

### 300 YARD SHUTTLE

#### Participant One

Participant One stayed the same

#### Participant Two

Participant Two lowered their time by 2.5 seconds