



BERNARD ALEXANDER - AGE 26

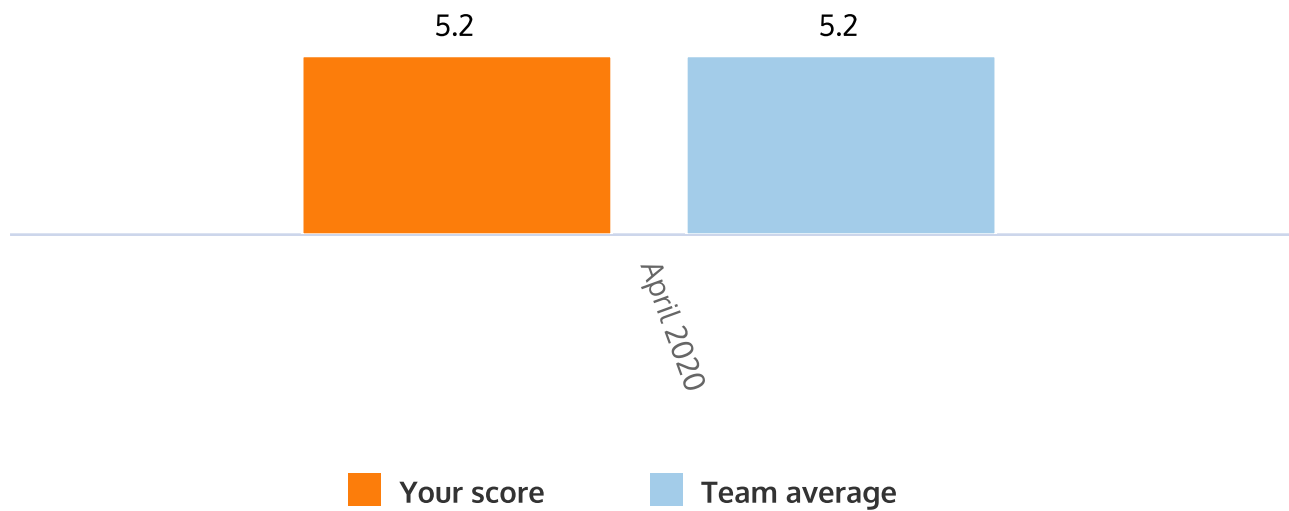
Football Fitness

This battery is used to evaluate football-specific fitness

AGILITY

	Date	Your score	Team average	Team best	Rank
Agility (Sec)	April 2020	5.2	5.2	5.2	1/1

Agility (Sec)

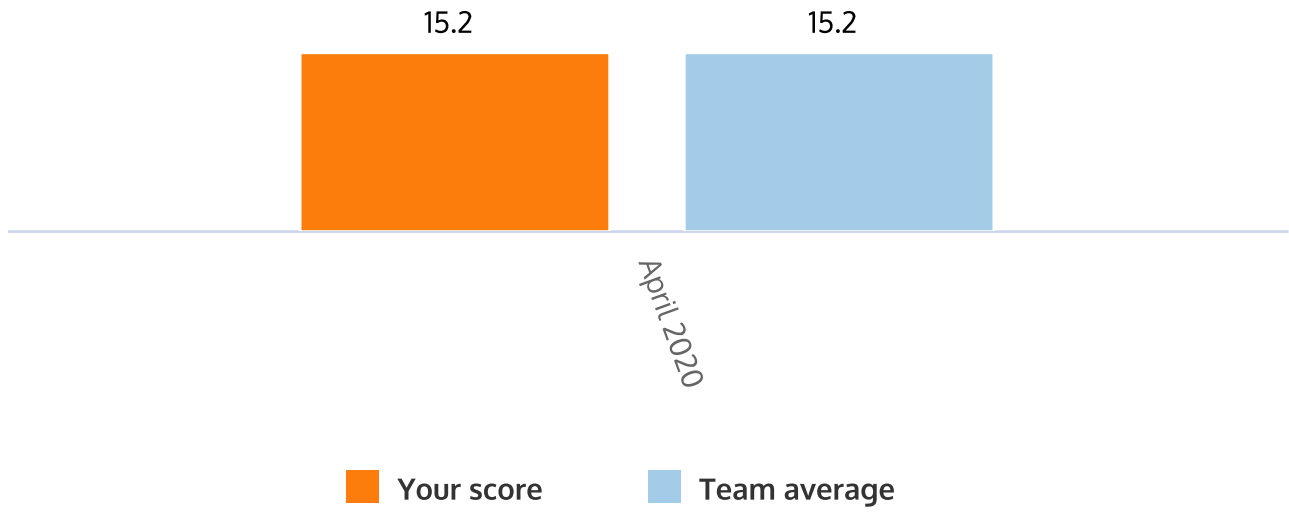


1. go 2. do 3. play

AGILITÉ

	Date	Your score	Team average	Team best	Rank
T-test (sec)	April 2020	15.2	15.2	15.2	1/1

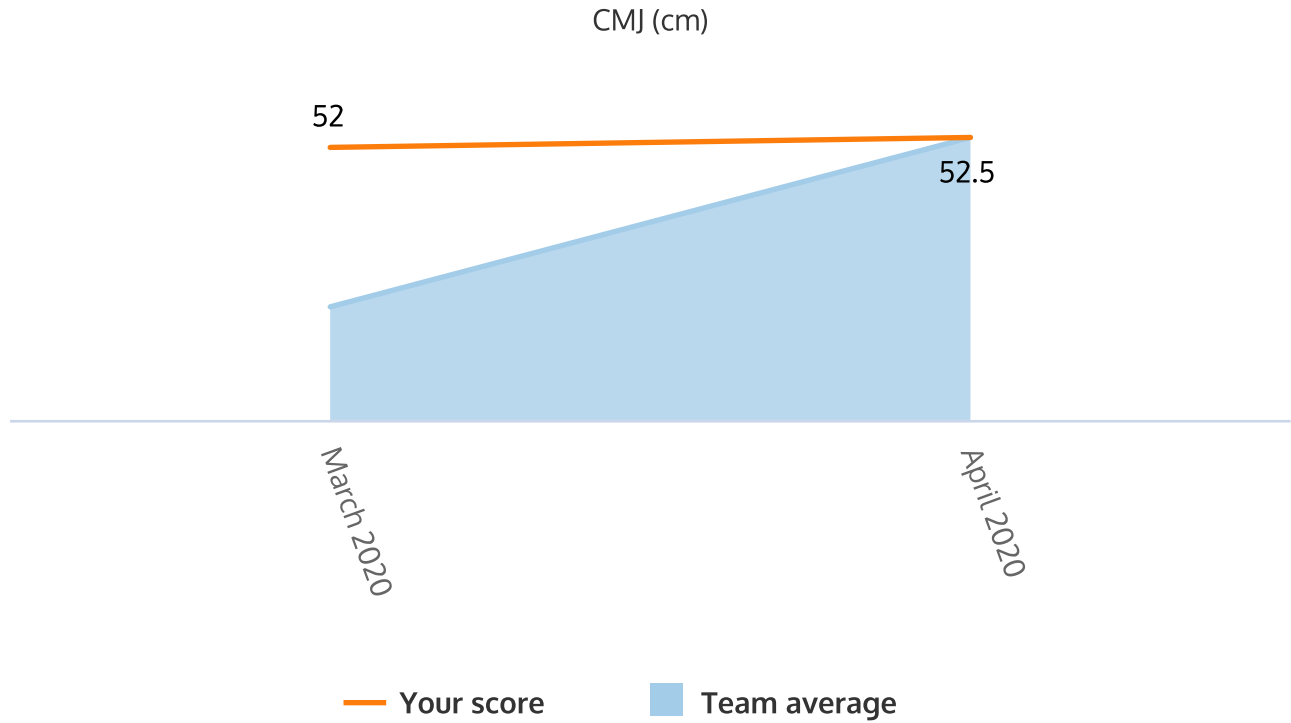
T-test (sec)



MAXIMAL STRENGTH

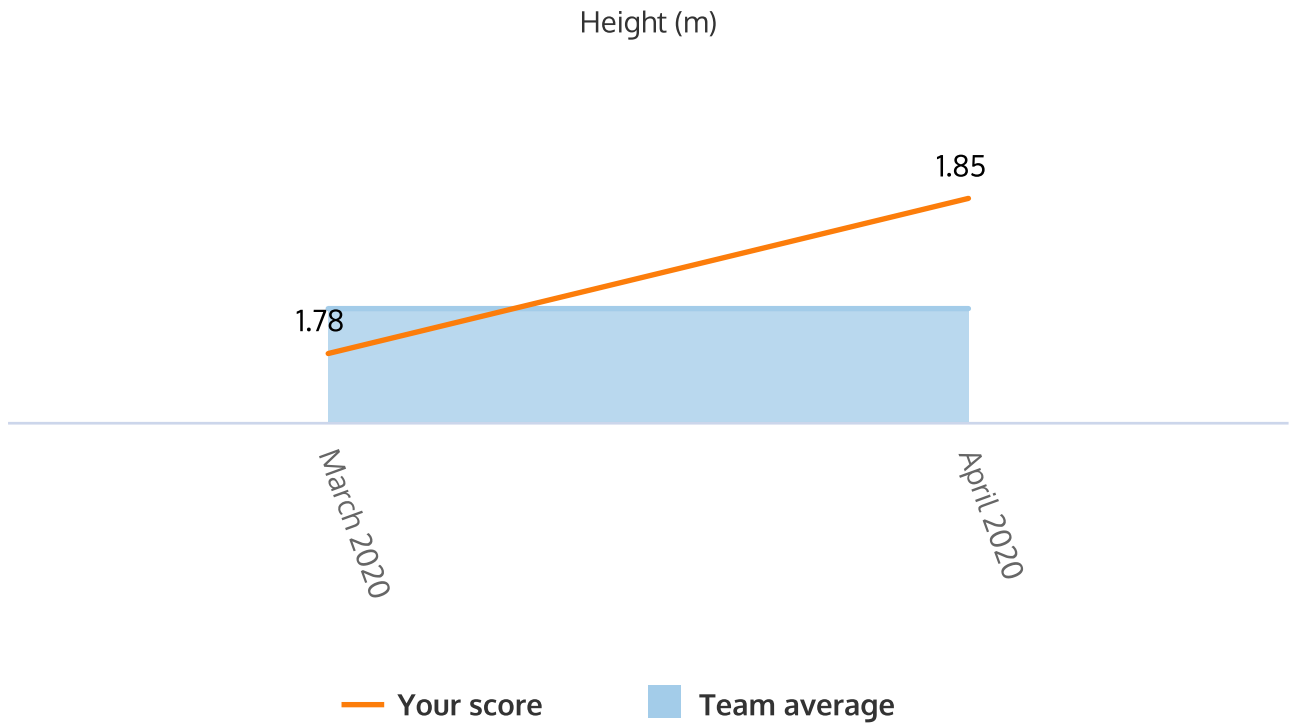
This test component is intended for any tests that measure an athlete's maximal strength. [Check video](#)

	Date	Your score	Team average	Team best	Rank
CMJ (cm)	March 2020	52	44.6	52.3	4/8
	April 2020	52.5	52.5	52.5	1/1



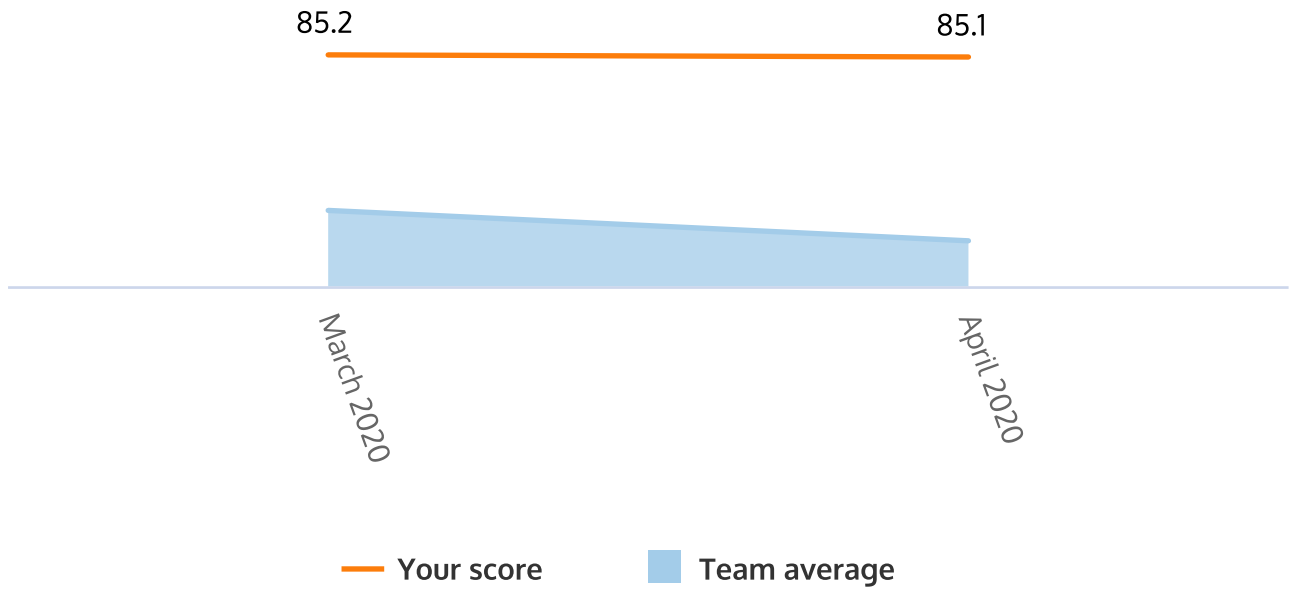
REST MEASUREMENTS

	Date	Your score	Team average	Team best	Rank
Height (m)	March 2020	1.78	1.8	-	-
	April 2020	1.85	1.8	-	-



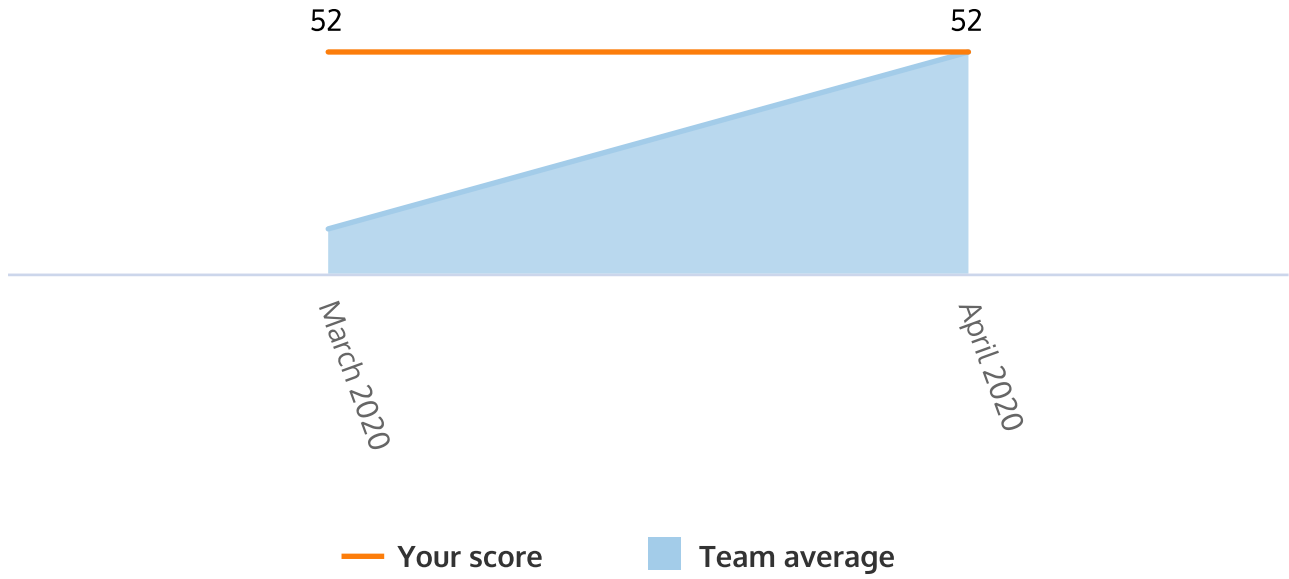
	Date	Your score	Team average	Team best	Rank
Weight (kg)	March 2020	85.2	78.2	-	-
	April 2020	85.1	76.9	-	-

Weight (kg)



	Date	Your score	Team average	Team best	Rank
Resting HR (updated) (bpm)	March 2020	52	51.2	45	2/10
	April 2020	52	52	52	1/2

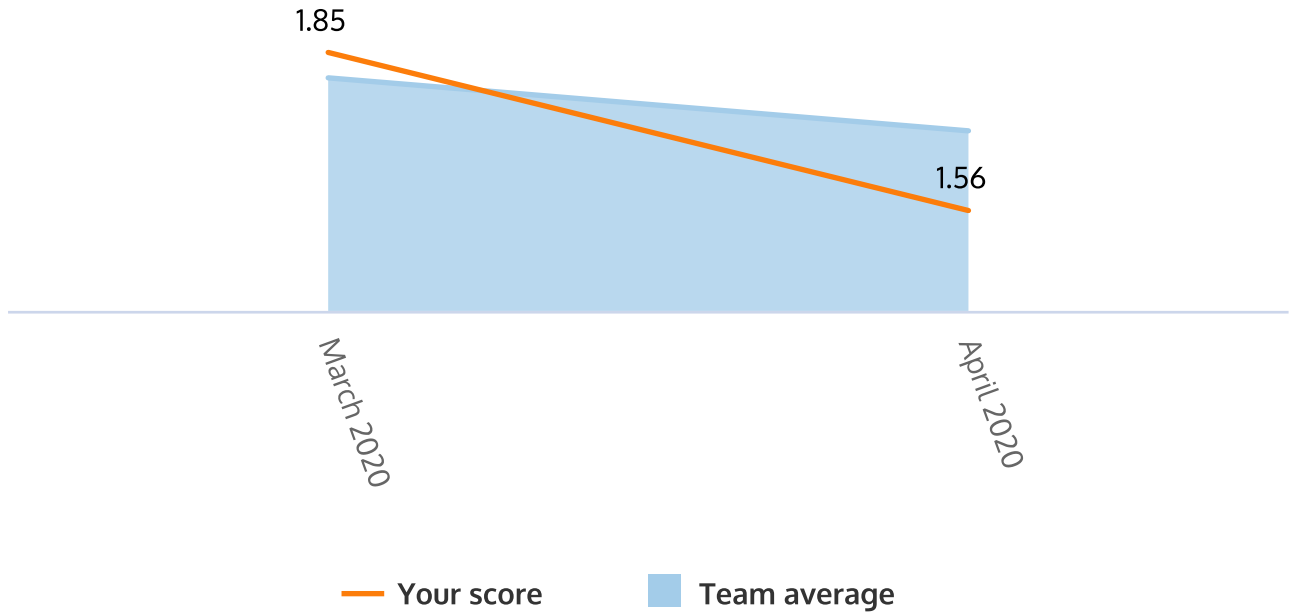
Resting HR (updated) (bpm)



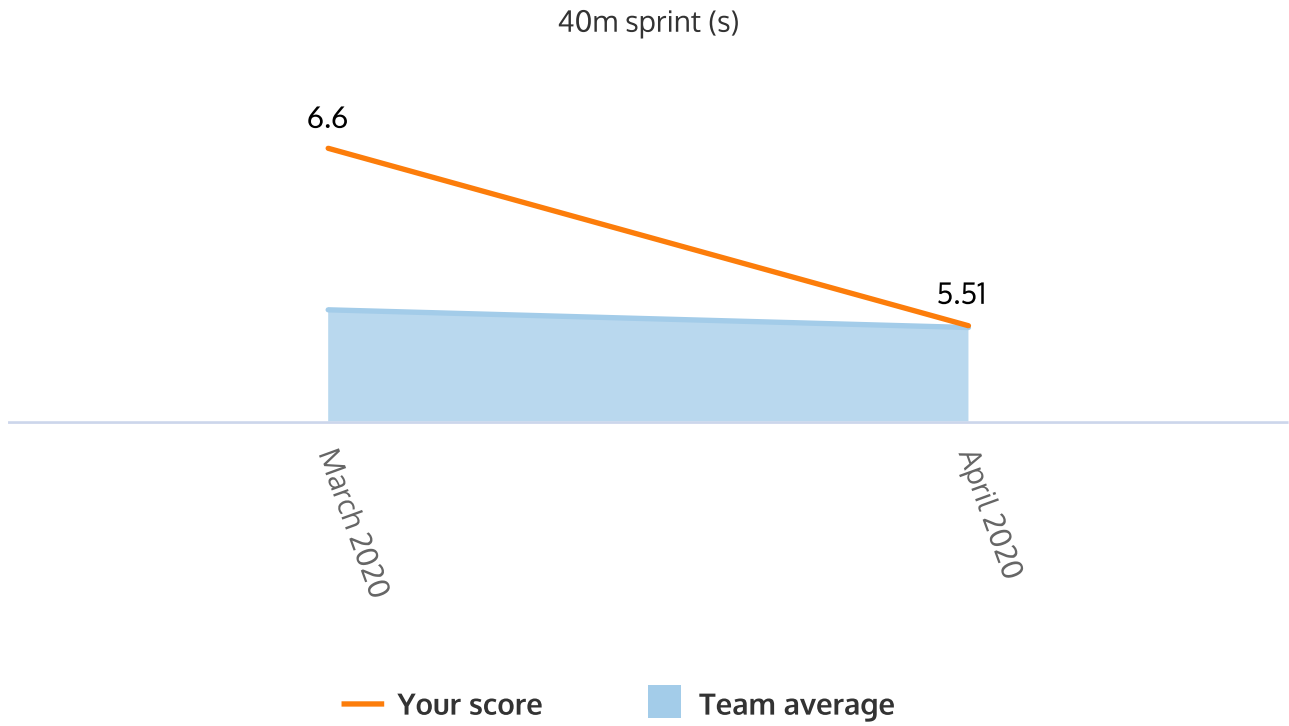
SPEED & ACCELERATION

	Date	Your score	Team average	Team best	Rank
10m sprint (s)	March 2020	1.85	1.8	1.56	3/20
	April 2020	1.56	1.7	1.45	3/20

10m sprint (s)



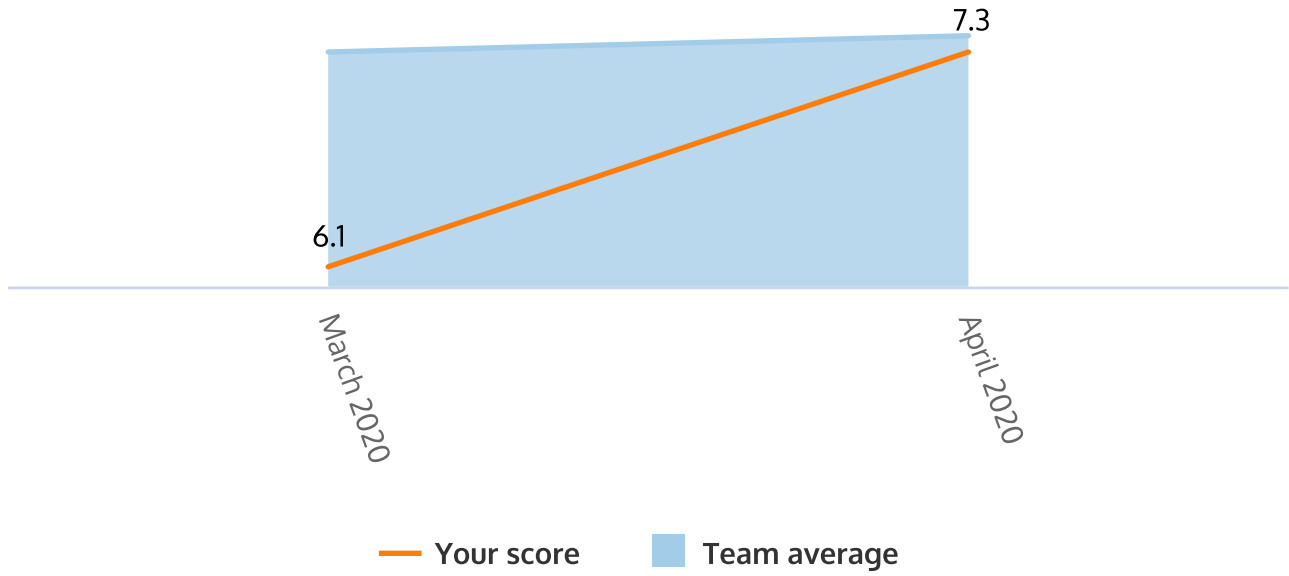
	Date	Your score	Team average	Team best	Rank
40m sprint (s)	March 2020	6.6	5.6	-	-
	April 2020	5.51	5.5	-	-



procedure <https://www.athletemonitoring.com/covid-19-screening-app/>

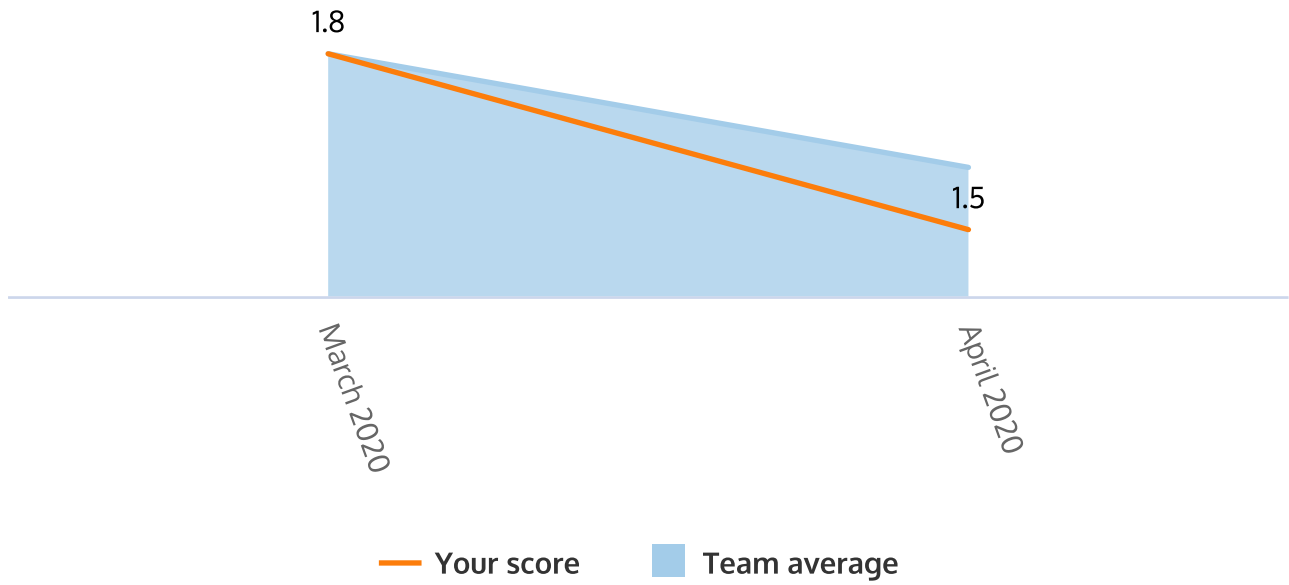
	Date	Your score	Team average	Team best	Rank
40m sprint (velocity) (m/s)	March 2020	6.1	7.3	8.8	13/20
	April 2020	7.3	7.4	8.1	4/20

40m sprint (velocity) (m/s)



	Date	Your score	Team average	Team best	Rank
10m sprint (95%) (s)	March 2020	1.8	1.8	1.5	3/20
	April 2020	1.5	1.6	1.4	2/20

10m sprint (95%) (s)



STRENGTH ENDURANCE

	Date	Your score	Team average	Team best	Rank
Push-ups (reps)	March 2020	4	66.3	250	8/15
	April 2020	25	38.3	50	3/3

Push-ups (reps)

