



Individual profile

1st Sample Team



Name: **Alexander, Bernard**

Age: **26**

Date: **2020/09/17**

Football Fitness

This battery is used to evaluate football-specific fitness

 Improved	 Did not improve
---	---

Agility

Agility (Sec)	March 2016	
	April 2016	5.2

Agilité

T-test (sec)	March 2016	
	April 2016	15.2

Maximal strength

CMJ (cm)	March 2016	52
	April 2016	52.5 (1%)

Rest measurements

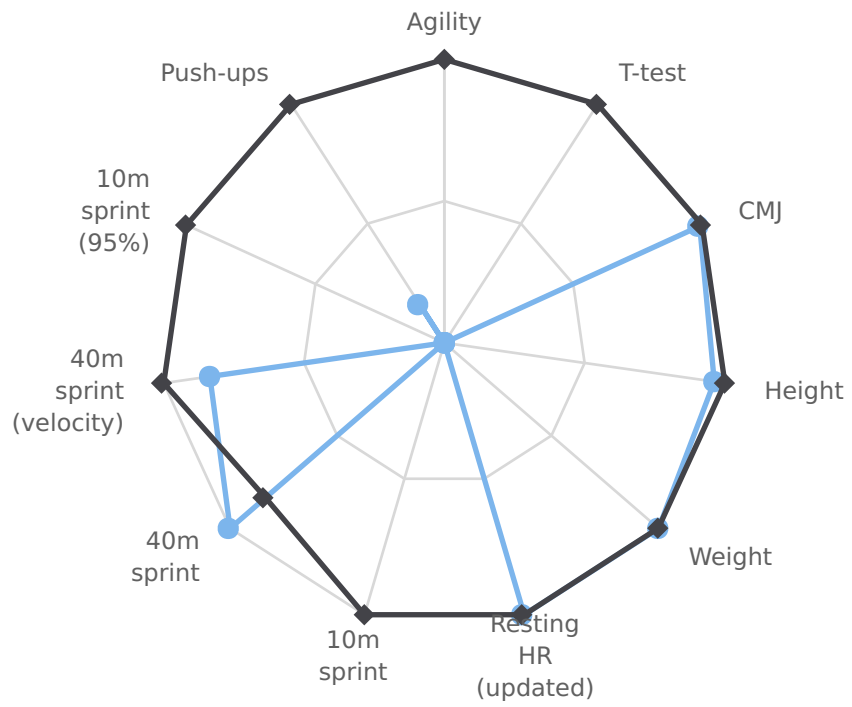
Height (m)	March 2016	1.78
	April 2016	1.85 (4%)
Weight (kg)	March 2016	85.2
	April 2016	85.1 (0%)
Resting HR (updated) (bpm)	March 2016	52
	April 2016	52 (0%)

Speed & Acceleration

10m sprint (s)	March 2016	
	April 2016	1.65
40m sprint (s)	March 2016	6.6
	April 2016	5.51 (-17%)
40m sprint (velocity) (m/s)	March 2016	6.1
	April 2016	7.3 (20%)
10m sprint (95%) (s)	March 2016	
	April 2016	1.5

Strength endurance

Push-ups (reps)	March 2016	4
	April 2016	25 (525%)



● Mar 1, 2016 ◆ Apr 1, 2016