



ARTHUR ASHLEY - Age 36

Strength Assessment

Used to test the maximal strength

This is a your current Physical Status relative to baseline standards. For more information or support please speak directly with your coach. We are here to help.

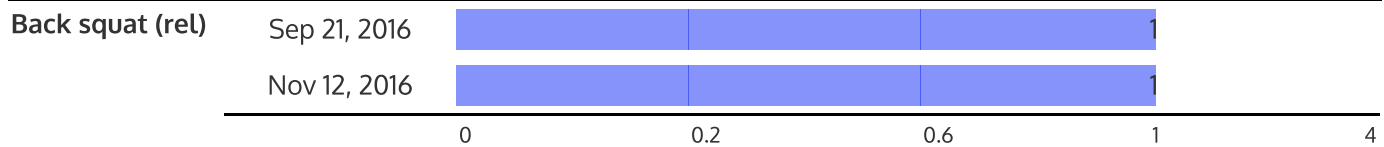


BODY COMPOSITION

|        |              |     |
|--------|--------------|-----|
| Weight | Sep 21, 2016 | 123 |
|        | Nov 12, 2016 | 125 |

MAXIMAL STRENGTH

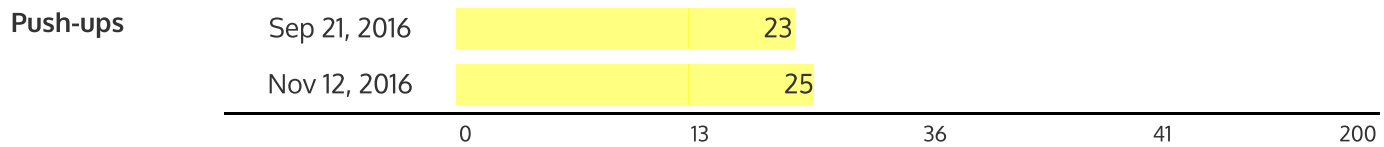
This test component is intended for any tests that measure an athlete's maximal strength. [Check video](#)



Your relative strength is excellent. Keep up the good work!

|            |              |       |
|------------|--------------|-------|
| Back squat | Sep 21, 2016 | 125.5 |
|            | Nov 12, 2016 | 125   |

STRENGTH ENDURANCE



SUMMARY

|              | Overall score | Overall achieved standard |
|--------------|---------------|---------------------------|
| Sep 21, 2016 | 6 / 16        | Bronze                    |
| Nov 12, 2016 | 6 / 16        | Bronze                    |