



Philadelphia Flyers Junior Team Testing

Name: Sample
Age: 19

Date: 8/24/13

Body Composition				
Height	Weight	Body Fat %	Fat Mass	Lean Mass
5'9"	174.0 lbs	7.3%	12.8 lbs	161.2 lbs

Mobility								
	Shoulder			Neck			Ankle Mobility	
	S.M.	Int. Rot.	Hor. Abd.	Flexion	Flexion	Extension		Rotation
Left	11.5" (1)	UL	UL	UL	UL	UL	UL	1.5"
Right	6.5" (3)	UL	UL	UL			UL	1.0"

Hip								
	ASLR	Extension	Adduction	Abduction	ER	IR	Total	Quad. Rock
Left	3	UL	L	UL	39°	17°	56°	~110°
Right	3	UL	L	UL	36°	18°	54°	

Performance					
Power					
	Results	Forward Best	Forward Rank	Team Best	Team Rank
Vertical Jump	27.8"	28.0"	T-2/11	32.0"	T-7/22
Lateral Bound					
Left	78.0"				
Right	81.0"				
Average	79.5"	87.0"	8/11	95.5"	13/22
Strength					
	Results	Forward Best	Forward Rank	Team Best	Team Rank
Reverse Lunge	235x5	275x5	3/11	315x5	T-4/22
Estimated 1-RM	270	315		360	
Bench Press	245x2	275x2	2/10	285x3	T-3/21
Estimated 1-RM	260	290		305	
Chin-Up	26	26	1/10	26	T-1/21
Conditioning					
	Results	Forward Best	Forward Rank	Team Best	Team Rank
1st Sprint	7.8s	7.5s	T-6/11	7.3s	T-10/22
Average Sprint	8.4s	8.2s	T-4/11	7.9s	T8/22
Sprint Decrement	9.4	5.2	6/11	5.2	11/22
Max HR	186 bpm				
Average HR	178 bpm				
60s HR Rec.	21 beats	38 beats	9/11	38 beats	16/22
Estimated AnT	163.4 bpm	175.0 bpm	6/11	175.4 bpm	9/22

NOTES:

Key	
S.M. = Shoulder Mobility	L = Limited
Int. Rot./IR = Internal Rotation	UL = Unlimited
Hor. Abd. = Horizontal Abduction	s = Seconds
ER = External Rotation	bpm = Beats Per Minutes