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Average jump height for untrained females: 12-16 inches (30-40 cm) Average jump height for trained males: 24-28 inches (60-70 cm) Average jump height for trained females: 20-24 inches (50)

Power Testing: Vertical Jump Test
matassessment : blog : vertical-jump-test

College-aged females: The average Broad Jump distance for college-aged females is approximately 6-7 feet (1.8-2.1 meters). High school athletes: The average Broad Jump distance for high school athletes is approximately 9-10 feet (2.7-3 meters) for males and 7-8 feet (2.1-2.4 meters) for females.

Power Testing: Broad Jump
matassessment : blog : broad-jump-test

Free downloads of games sometimes conceal malicious software. This includes plug-ins sometimes required to run certain games. By operating in administrator mode, you open yourself to the risk that an attacker could gain complete