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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) Tj T* B

Power Testing: Vertical Jump Test
matassessm ent : blog : vertical-jump-test
a data-ved="2ahUKEwjRr9SS8tCDAXVxPkQIHT9LAO4QFnoECAEQBg" href="{href}"
a data-ved="2ahUKEwjRr9SS8tCDAXVxPkQIHT9LAO4Qzmd6BAgBEAc" href="{href}"
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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 meter) Tj T* BT

Power Testing: Broad Jump
matassessm ent : blog : broad-jump-test
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C Futebolista 21 Classifica#231;#227;o do Modo Carreira fifa index : jogador, alexis-mac
Fifar22 Player Stats Alexandre DaniellSMac AliSternN n 9 , £
Ele tem atualmente 23 anos e joga como uma meio/campo atacante para Brighton & Hove Albion na Inglaterra; Seu
avalia#231;#227;o total Asvalia#231;#245;esfiFarand: 9 , £ atleta /&
a data-ved="2ahUKEwjRr9SS8tCDAXVxPkQIHT9LAO4Qzmd6BAgBEA4" href="{href}"
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