Move, Measure, Analyze LLC

TEAM PERFORMANCE REPORT

Sample Team Report

Assessment Date: 01/15/2026

Athletes Tested: 26

Tests: Countermovement Jump

UNDERSTANDING YOUR RESULTS

What each metric measures and why it matters.

OUTPUT — What You Produced

Jump Height (cm) — How high you jumped. Fundamental measure of lower-body explosive power.

Jump Momentum (kg·m/s) — Takeoff velocity × body mass. Useful for comparing athletes across positions or weight classes.

STRATEGY — How You Jumped

RSImod — Jump height ÷ time to takeoff. Measures how efficiently an athlete produces force in a short time.

Time to Takeoff (s) — Duration of dip-to-liftoff. Shorter = reactive; longer = strength-dominant.

CM Depth (cm) — Dip depth before jumping. Should match strength and sport demands.

DRIVERS — How Much Force You Used

Rel. Propulsive Impulse (N·s/kg) — Total push during the jump, adjusted for body weight. Directly determines jump height.

Rel. Braking RFD (N/s/kg) — How quickly you absorbed and redirected force during the dip.

READING THE SCATTER PLOTS

Quadrant lines = team averages. Position is relative to teammates, not world standards.

Explosiveness (JH vs. TTT)	Force Application (JH vs. Impulse)
Explosive — High & fast.	Powerful — High force, high output.
Powerful — High but slow.	Efficient — High output, less force.
Fast/Reactive — Quick, lower output.	Strong — High force, low height.
Building — GPP & fundamentals.	Building — General strength.

TEAM PERFORMANCE DASHBOARD

Current baseline. Future assessments compared against these values.

Metric	Team Avg	SD	Min	Max	Unit
Jump Height	30.4	6.5	17.5	45.0	cm
Jump Momentum	147.3	34.4	85.0	215.4	kg·m/s
Peak Rel. Power	50.9	12.2	30.0	74.3	W/kg
RSImod	0.48	0.13	0.25	0.90	
Time to Takeoff	0.65	0.11	0.48	0.88	s
CM Depth	21.4	3.5	14.7	28.4	cm
Rel. Prop. Impulse	4.24	0.46	3.68	5.17	N·s/kg
Rel. Braking RFD	157.4	82.3	40.0	337.7	N/s/kg

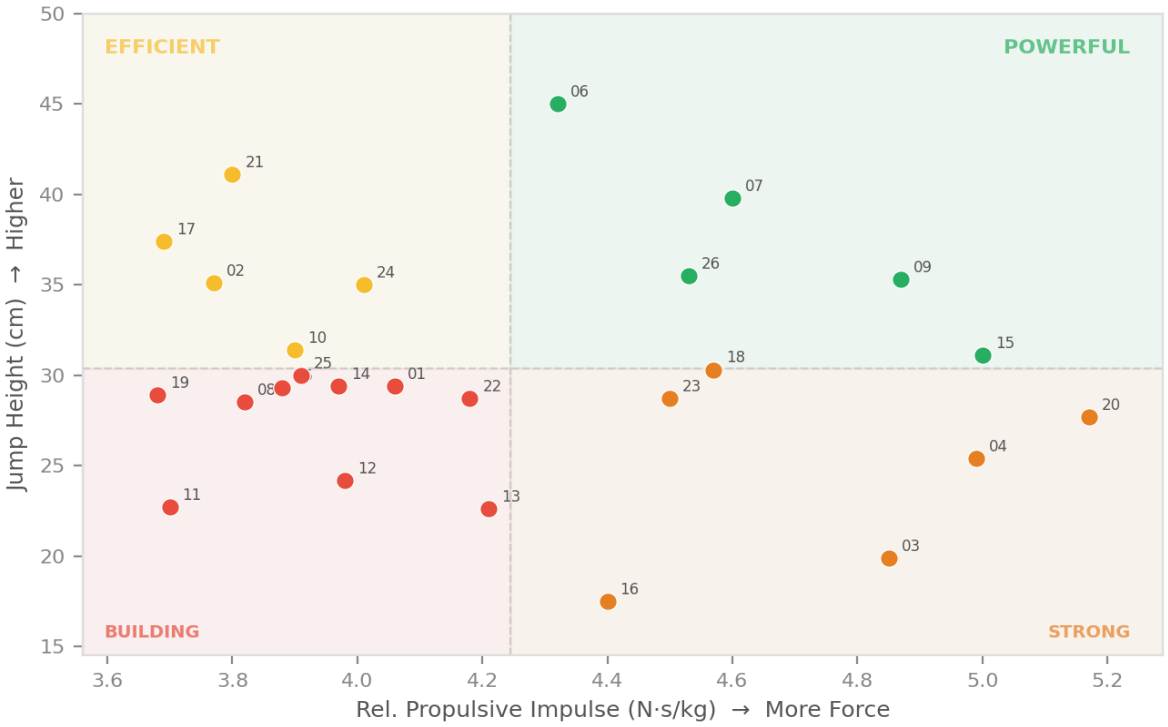
PERFORMANCE PROFILES

Quadrant lines = team averages. Position relative to teammates.

Explosiveness Profile — Jump Height vs. Time to Takeoff

Team Avg: JH = 30.4 cm | TTT = 0.65 s

Force Application — Jump Height vs. Rel. Propulsive Impulse



Team Avg: JH = 30.4 cm | Impulse = 4.24 N·s/kg

ATHLETE PROFILES & TRAINING FOCUS

Quadrant assignment and recommended training emphasis.

Athlete	JH	Explosiveness	Force App.
Athlete 01	29.4	Building	Building
Athlete 02	35.1	Powerful	Efficient
Athlete 03	19.9	Building	Strong
Athlete 04	25.4	Fast/Reactive	Strong
Athlete 05	29.3	Fast/Reactive	Building
Athlete 06	45.0	Explosive	Powerful
Athlete 07	39.8	Powerful	Powerful
Athlete 08	28.5	Fast/Reactive	Building
Athlete 09	35.3	Powerful	Powerful
Athlete 10	31.4	Powerful	Efficient
Athlete 11	22.7	Fast/Reactive	Building
Athlete 12	24.2	Fast/Reactive	Building
Athlete 13	22.6	Fast/Reactive	Building
Athlete 14	29.4	Building	Building
Athlete 15	31.1	Powerful	Powerful
Athlete 16	17.5	Fast/Reactive	Strong
Athlete 17	37.4	Powerful	Efficient
Athlete 18	30.3	Fast/Reactive	Strong
Athlete 19	28.9	Fast/Reactive	Building
Athlete 20	27.7	Building	Strong
Athlete 21	41.1	Powerful	Efficient
Athlete 22	28.7	Building	Building
Athlete 23	28.7	Fast/Reactive	Strong
Athlete 24	35.0	Powerful	Efficient
Athlete 25	30.0	Fast/Reactive	Building
Athlete 26	35.5	Explosive	Powerful

The training recommendations on the following page are general guidelines based on each athlete's combined profile classification. They may not necessarily suit every athlete's individual needs, as programming should account for the athlete's current training focus, sport demands, and goals. Some athletes may already be training in a way that aligns with where their coach or they themselves want to be—these profiles are intended to inform the conversation, not replace it.

COMBINED PROFILE TRAINING FOCUS

Training recommendations based on combined profile classifications based on the countermovement jump.

Profile Pair:

Fast/Reactive + Building

Description: Fast but weak

Training Focus:
Strength/Hypertrophy

Example Exercises:
- Compound Lifts (Squats, RDL's)
- Accessory Hypertrophy (Lunges, Pull-ups)
- Protocol: 65-80% 1RM; 8-12 reps

Profile Pair:

Powerful + Powerful

Description: Strong but slow

Training Focus:
Velocity & RFD / Plyometrics

Example Exercises:
- Plyometrics
- Ballistic Lifts; Olympic Lifts
- Isometric Pin Squats/Lunges for RFD

Profile Pair:

Building + Building

Description: The Novice

Training Focus:
Fundamental; General Physical Preparedness

Example Exercises:
- Goblet Squats; Farmer's Carries
- Push-ups; Plank Stability
- Sled pushes & pulls; Med ball slams

Profile Pair:

Explosive + Powerful

Description: The Total Package

Training Focus:
Maintenance / Sport-Specific Transfer

Example Exercises:
- Low Volume, high-intensity lifts
- Protocol: 2-3 sets, 2-3 reps
- Sport-Specific Transfer (Unilateral movements)

Profile Pair:

Explosive + Efficient

Description: Fast & Springy, Needs force

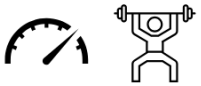
Training Focus:
Max Strength / Force Capacity

Example Exercises:
- Absolute Strength (e.g. Squats/Deadlifts)
- Protocol: 2-3 sets, 2-3 reps
- Max Isometric training

Profile Pair:

Building + Strong

Description: The Grinder



Training Focus:
Velocity & RFD Emphasis

Example Exercises:
- Speed Squats (50-60% 1RM – Fast)
- Kettlebell Swings
- Broad Jump; Med-ball throws

INJURY RISK ASSESSMENT

Landing Force Flags — >4.0×BW (24 flagged)

Athlete	Test	Peak Landing (×BW)	Status
Athlete 01	CMJ	**8.81**	ADDRESS
Athlete 21	CMJ	**8.58**	ADDRESS
Athlete 24	CMJ	**7.70**	ADDRESS
Athlete 10	CMJ	**7.61**	ADDRESS
Athlete 17	CMJ	**7.39**	ADDRESS
Athlete 13	CMJ	**7.05**	ADDRESS
Athlete 14	CMJ	**7.02**	ADDRESS
Athlete 05	CMJ	**6.76**	ADDRESS
Athlete 16	CMJ	**6.73**	ADDRESS
Athlete 20	CMJ	**6.67**	ADDRESS
Athlete 11	CMJ	**6.52**	ADDRESS
Athlete 15	CMJ	**6.23**	ADDRESS
Athlete 07	CMJ	**6.00**	ADDRESS
Athlete 09	CMJ	**5.66**	ADDRESS
Athlete 22	CMJ	**5.30**	ADDRESS
Athlete 04	CMJ	**5.09**	ADDRESS
Athlete 12	CMJ	**5.08**	ADDRESS
Athlete 03	CMJ	**4.93**	MONITOR
Athlete 06	CMJ	**4.92**	MONITOR
Athlete 25	CMJ	**4.92**	MONITOR
Athlete 26	CMJ	**4.77**	MONITOR
Athlete 19	CMJ	**4.40**	MONITOR
Athlete 02	CMJ	**4.24**	MONITOR
Athlete 18	CMJ	**4.19**	MONITOR

Asymmetry Flags — >10% L-R imbalance (avg of all trials)

Athlete	Test	Metric	Asym %	Status
Athlete 01	CMJ	Avg Braking Force	**28.6% R**	ADDRESS
Athlete 21	CMJ	Avg Braking Force	**21.0% L**	ADDRESS
Athlete 15	CMJ	Avg Braking Force	**20.9% R**	ADDRESS
Athlete 10	CMJ	Avg Braking Force	**18.4% R**	ADDRESS
Athlete 22	CMJ	Avg Propulsive Force	**17.3% L**	ADDRESS
Athlete 24	CMJ	Avg Braking Force	**17.0% R**	ADDRESS
Athlete 03	CMJ	Avg Propulsive Force	**15.8% L**	ADDRESS
Athlete 05	CMJ	Peak Landing Force	**15.3% R**	ADDRESS
Athlete 20	CMJ	Avg Propulsive Force	**14.3% L**	MONITOR

Athlete 06	CMJ	Avg Braking Force	**12.6% R**	MONITOR
Athlete 23	CMJ	Peak Landing Force	**12.3% R**	MONITOR
Athlete 19	CMJ	Avg Propulsive Force	**12.2% L**	MONITOR
Athlete 04	CMJ	Avg Braking Force	**12.2% R**	MONITOR
Athlete 22	CMJ	Avg Braking Force	**12.2% L**	MONITOR
Athlete 07	CMJ	Peak Landing Force	**12.0% R**	MONITOR
Athlete 08	CMJ	Avg Braking Force	**11.9% R**	MONITOR
Athlete 12	CMJ	Avg Propulsive Force	**11.7% R**	MONITOR
Athlete 09	CMJ	Avg Braking Force	**11.2% R**	MONITOR
Athlete 05	CMJ	Avg Braking Force	**10.6% L**	MONITOR

Asymmetry Metric Definitions

Avg Braking Force — L/R difference in average force during the braking (eccentric) phase. Indicates how symmetrically an athlete decelerates before pushing off.
Avg Propulsive Force — L/R difference in average force during the propulsive (concentric) phase. Indicates how symmetrically an athlete pushes off the ground.
Peak Landing Force — L/R difference at the moment of peak force during landing. Highlights limb preference or avoidance during impact absorption.

L = left-dominant asymmetry | R = right-dominant asymmetry | MONITOR = 10–15% | ADDRESS = >15%

LEADERBOARDS

Top 10 athletes in each key metric.

Jump Height (cm)	
1. A. 06	45.0
2. A. 21	41.1
3. A. 07	39.8
4. A. 17	37.4
5. A. 26	35.5
6. A. 09	35.3
7. A. 02	35.1
8. A. 24	35.0
9. A. 10	31.4
10. A. 15	31.1

Momentum (kg·m/s)	
1. A. 24	215.4
2. A. 23	205.2
3. A. 02	191.4
4. A. 11	186.5
5. A. 26	184.2
6. A. 13	182.9
7. A. 09	166.7
8. A. 16	162.5
9. A. 20	161.2
10. A. 14	154.9

RSImod	
1. A. 06	0.90
2. A. 26	0.74
3. A. 07	0.60
4. A. 19	0.57
5. A. 08	0.54
6. A. 05	0.54
7. A. 02	0.53
8. A. 18	0.53
9. A. 21	0.51
10. A. 23	0.50

Peak Rel. Power (W/kg)	
1. A. 20	74.3
2. A. 09	67.7
3. A. 07	65.0
4. A. 11	63.2
5. A. 04	62.8
6. A. 24	61.3
7. A. 25	61.2
8. A. 06	59.8
9. A. 10	59.5
10. A. 17	58.0

Time to Takeoff (s)	
1. A. 26	0.48
2. A. 06	0.50
3. A. 19	0.51
4. A. 16	0.51
5. A. 08	0.53
6. A. 05	0.54
7. A. 12	0.57
8. A. 23	0.57
9. A. 18	0.57
10. A. 11	0.61

Rel. Impulse (N·s/kg)	
1. A. 20	5.17
2. A. 15	5.00
3. A. 04	4.99
4. A. 09	4.87
5. A. 03	4.85
6. A. 07	4.60
7. A. 18	4.57
8. A. 26	4.53
9. A. 23	4.50
10. A. 16	4.40

FULL ROSTER

Complete data for all tested athletes.

Athlete	JH	Mom.	RSImod	TTT	Depth	Impulse	BrkRFD	Power
Athlete 01	29.4	100.4	0.45	0.66	18.1	4.06	275.7	56.7
Athlete 02	35.1	191.4	0.53	0.66	20.2	3.77	49.7	44.9
Athlete 03	19.9	109.8	0.25	0.79	17.0	4.85	40.5	47.5
Athlete 04	25.4	111.1	0.40	0.64	24.2	4.99	139.2	62.8
Athlete 05	29.3	149.9	0.54	0.54	26.2	3.88	163.2	30.7
Athlete 06	45.0	85.0	0.90	0.50	22.5	4.32	337.7	59.8
Athlete 07	39.8	154.4	0.60	0.66	14.8	4.60	233.7	65.0
Athlete 08	28.5	129.5	0.54	0.53	28.4	3.82	193.1	42.3
Athlete 09	35.3	166.7	0.48	0.74	23.9	4.87	79.5	67.7
Athlete 10	31.4	151.2	0.46	0.68	22.9	3.90	71.6	59.5
Athlete 11	22.7	186.5	0.37	0.61	15.6	3.70	70.8	63.2
Athlete 12	24.2	123.5	0.42	0.57	21.5	3.98	211.9	48.9
Athlete 13	22.6	182.9	0.35	0.64	22.2	4.21	224.4	37.6
Athlete 14	29.4	154.9	0.41	0.72	22.4	3.97	220.1	45.5
Athlete 15	31.1	136.9	0.41	0.75	24.3	5.00	74.0	30.0
Athlete 16	17.5	162.5	0.34	0.51	18.6	4.40	40.0	40.0
Athlete 17	37.4	127.8	0.42	0.88	20.1	3.69	156.2	58.0
Athlete 18	30.3	134.3	0.53	0.57	19.0	4.57	187.2	39.8
Athlete 19	28.9	136.1	0.57	0.51	21.1	3.68	166.2	54.6
Athlete 20	27.7	161.2	0.33	0.84	14.7	5.17	211.6	74.3
Athlete 21	41.1	150.9	0.51	0.80	25.8	3.80	215.6	43.5
Athlete 22	28.7	85.0	0.38	0.76	23.9	4.18	250.1	54.0
Athlete 23	28.7	205.2	0.50	0.57	25.0	4.50	212.5	31.5
Athlete 24	35.0	215.4	0.45	0.78	21.4	4.01	40.0	61.3
Athlete 25	30.0	132.6	0.47	0.64	23.1	3.91	95.2	61.2
Athlete 26	35.5	184.2	0.74	0.48	20.0	4.53	131.7	42.1