

bonus betsul

requisição 11111 mhz V. RTT Internacional está disponível gratuitamente. A RTF

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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 (5) Tj T* B

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Power Testing: Vertical Jump Test

matassessment : blog : vertical-jump-test

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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 meters) for females.

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Power Testing: Broad Jump

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