

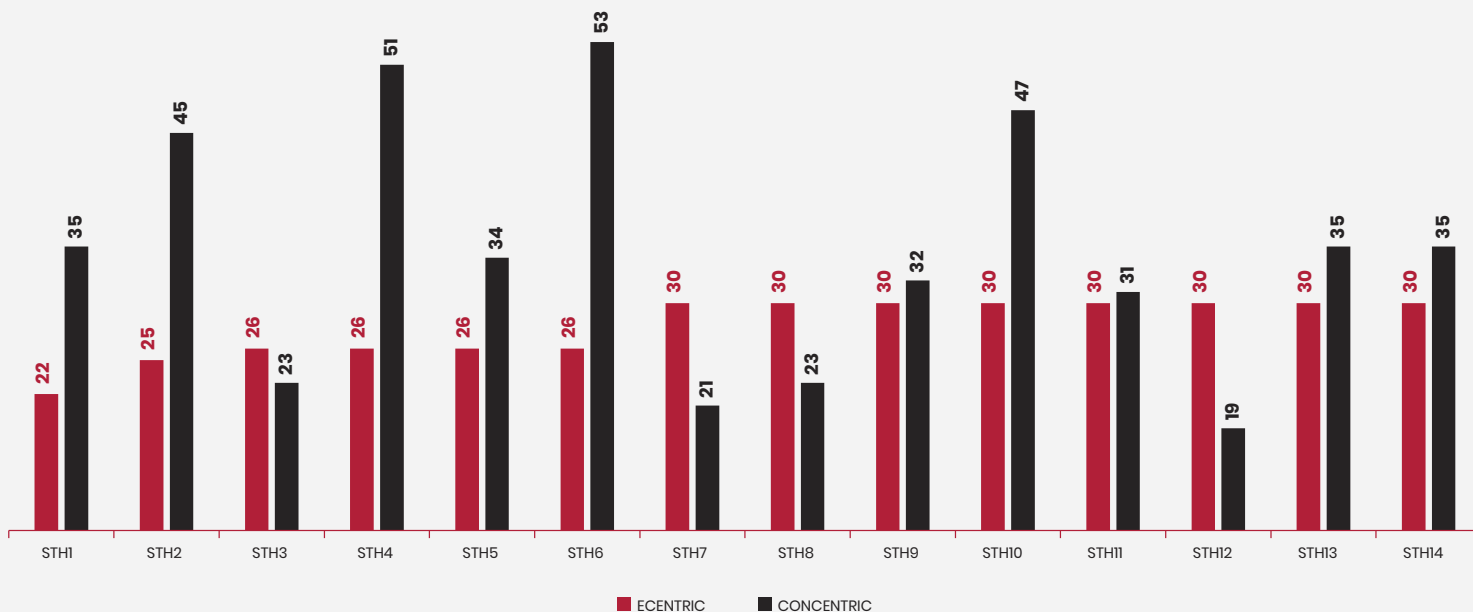


BASELINE PERFORMANCE **ASSESSMENT**

26 MAR 2018



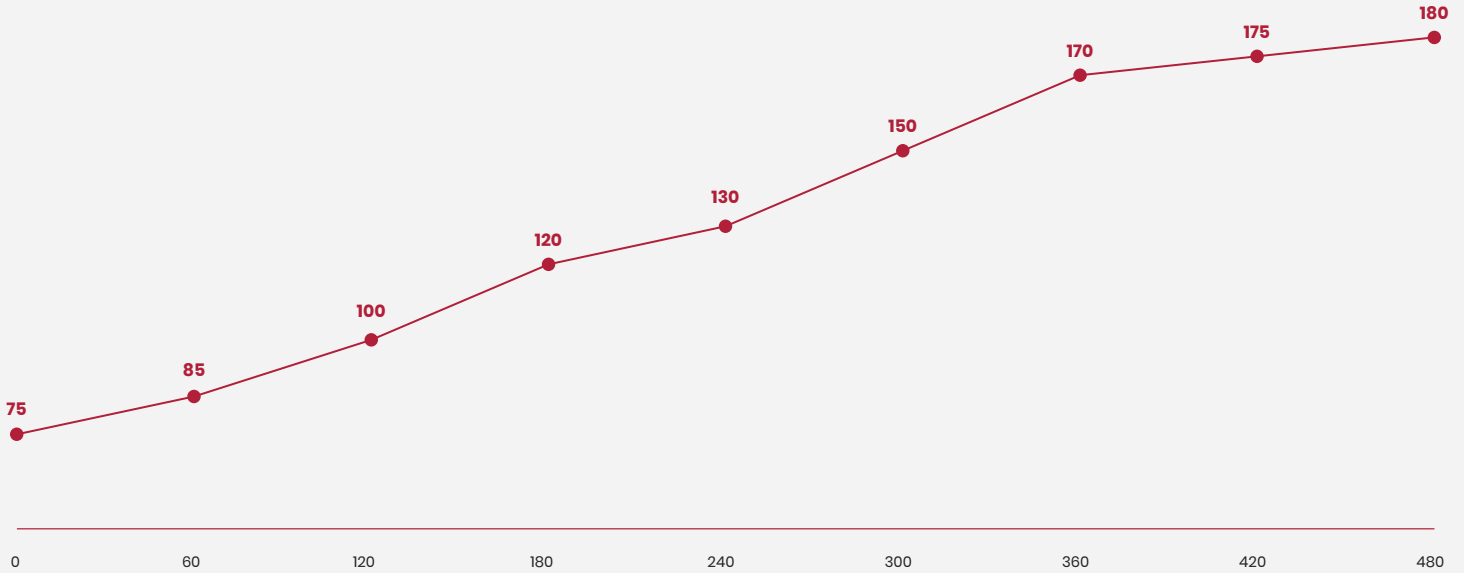
BASELINE STRENGTH



Our baseline strength testing seeks to evaluate asymmetries, imbalances, and disfunctions in mobility. Our research shows that assessments should not be overcomplicated; while the assessment is challenging, it is not designed to overwhelm the athlete. All athletes fit into one of the three following categories: balanced (ideal combination of strength and power relative to age and experience), strength-dominant (genetic lottery winner or spends way too much time in the weight room), or acceleration-dominant (naturally gifted but has limited experience in a high-level training curriculum). 120 SECOND TEST. Athletes will execute 14 movements using only their bodyweight as resistance. (60/60) is PERFECT, (59-51) is EXCELLENT, (50-41) is GOOD, (40-31) is AVERAGE, and anything less than 30 seconds is POOR. Strength plays a massive role in player safety most notably injury prevention. Once we understand your strength deficit, we design an individualized training protocol. The bar graph above displays your results of the 120 SECOND TEST. The red bars show the eccentric component and the black bars show the concentric component. The numbers at the top of the bars indicate the time in seconds that you could perform each movement with optimal technique.

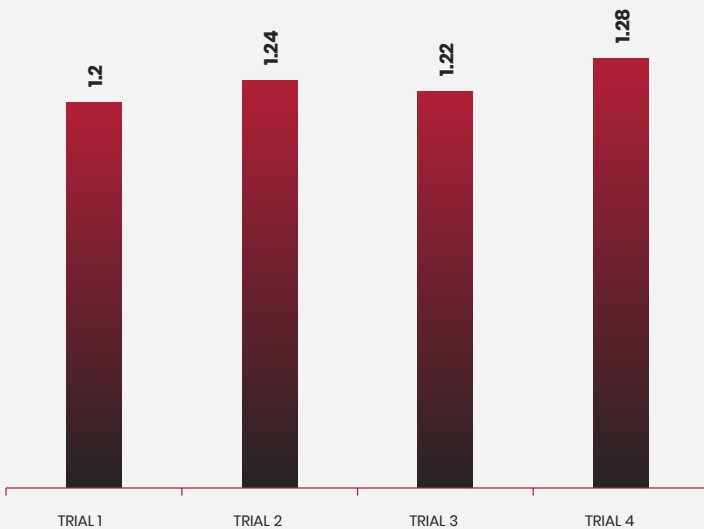
To date, Performance Athletix has invested over 20,000 hours in the development of our evidence-based best practices approach. All of the research is peer-reviewed, scientific articles. Peer reviewed is essentially a bunch of scientists, not part of the group publishing the paper, but those that have double-checked to make sure the article meets scientific standards. In research articles, authors use experiments, data collection, and analysis to answer specific questions. In review articles, authors compile current knowledge from research articles in the field to provide a snapshot summary of the science, in that specific area, at that moment in time. Lastly, we must determine the clinical and or statistical significance of the data. Unless the word "clinical" is specifically referenced in the study any significant effect most likely refers to the statistical. Statistical significance determines whether a particular outcome happens because of what was done in the study, this significance is based on probability. Clinical significance is a judgment call made by the researchers as to whether the result or change will have impact in the real world.

MOD BRUCE



Our baseline fitness test seeks to determine your body's maximal consumption of oxygen, your muscle efficiency, and lactate threshold. The VO2 Max Test is the most widely used test in exercise physiology. In the early 2000s we collaborated with doctor Dan Carey PhD at the University of St. Thomas to develop a test more applicable to anaerobic sport athletes. Our Modified Bruce protocol has over 21 stages. Since 2000 we have tested more athletes using our protocol than anyone in the nation.

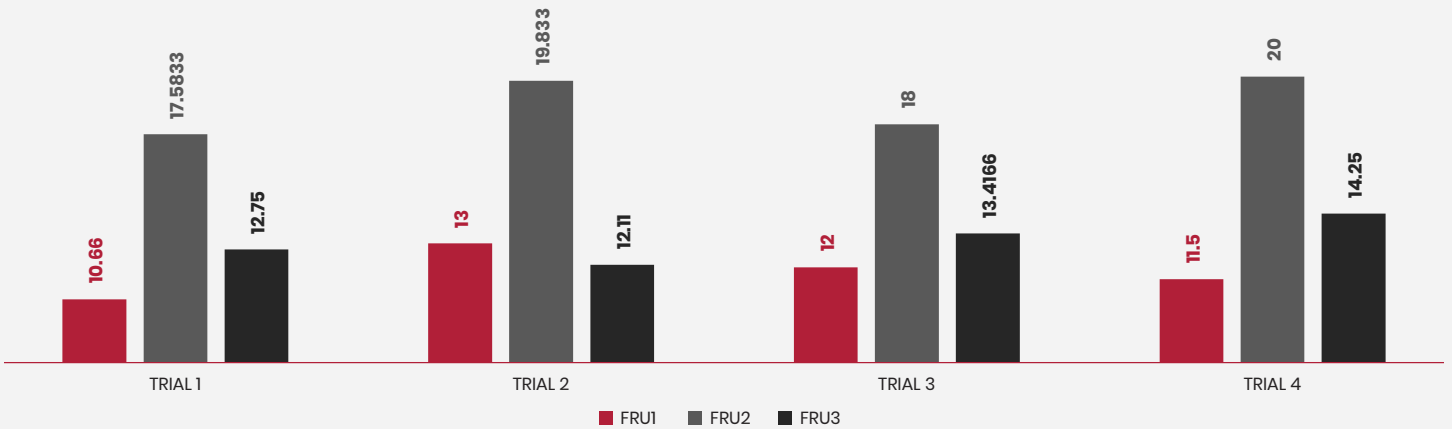
SPD10



Our baseline speed test is the 10yd Dash. This measures your baseline speed relative to your height, weight, age, and experience. The numbers at the top of the bars indicate the time required to sprint 10yd in each trial with optimal technique.

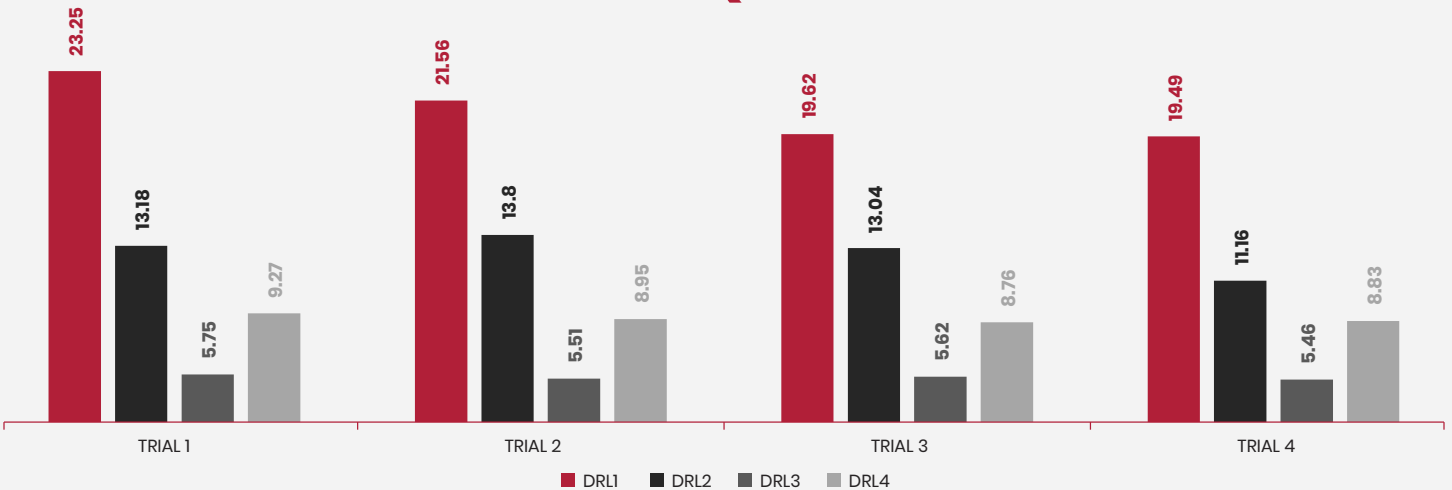


BASELINE UPPER BODY POWER



Our baseline upper body force test consists of three throws in all three planes of motion (transverse, sagittal, and frontal). This test will show asymmetries in arm strength (ball spin or a non-linear throw), coordination (imbalance between upper and lower body flexion/extension), and mobility (cannot flex or extend with ease relative to height, weight, age, and experience). These three tests will also show us deficiencies in the posterior chain. The numbers on top of the bars indicate the distance in feet that the load was thrown in each movement with optimal technique.

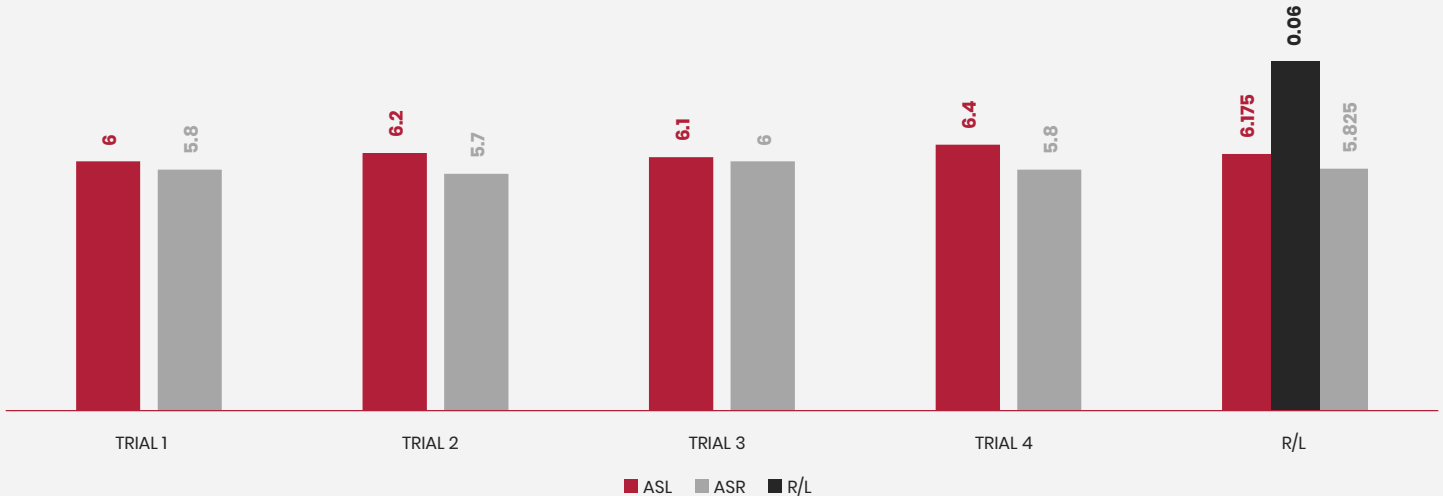
BASELINE QUICKNESS



Our baseline quickness test consists of two open skill and two closed skill movements that we have developed. The areas of emphasis are the hip, knee, and ankle mobility. This test will show asymmetries in lower limbs, coordination (imbalance between upper and lower body flexion/extension), and mobility (cannot flex or extend with ease relative to height, weight, age, and experience). It is worth noting that change of direction and agility are isolated and not the same skills. The numbers at the top of the bars indicate the time required to complete each movement with optimal technique.

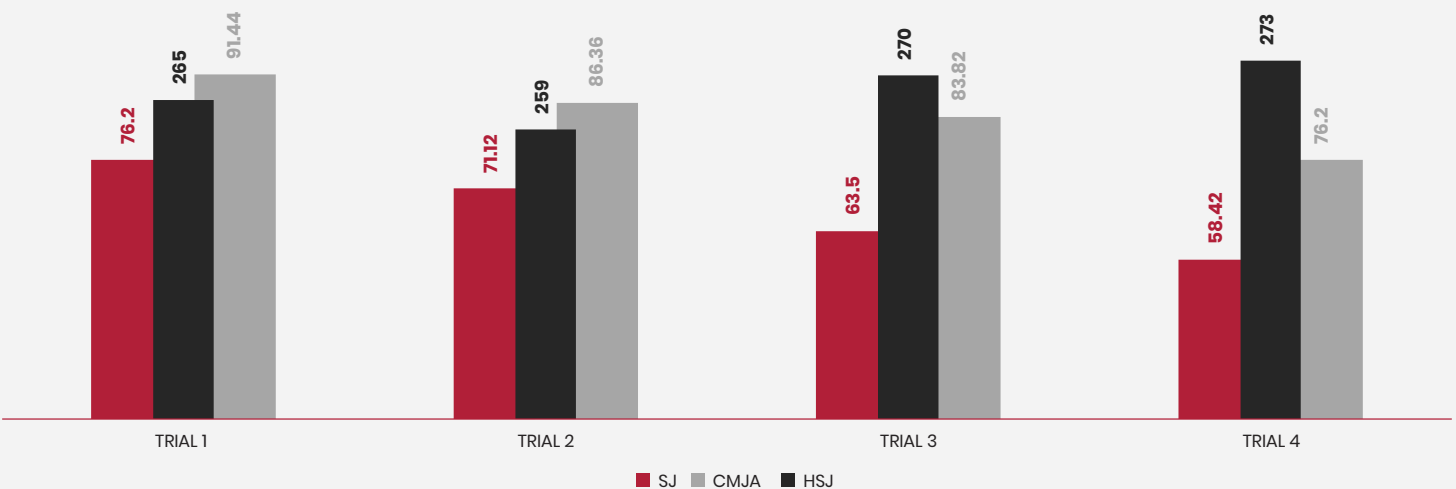


BASELINE ASYMMETRY



Our baseline asymmetry test consists of 4 trials of a drop from one meter and jumping back up with the left or right leg. This test will show asymmetries in lower limbs, coordination (imbalance between upper and lower body flexion/extension), and mobility (cannot flex or extend with ease relative to height, weight, age, and experience). The numbers at the tops of the bars indicate the time in milliseconds that the left or right foot was in contact with the ground. The fifth column shows the ratio between the left and right legs.

BASELINE LOWER BODY POWER



Our baseline lower body power test consists of three jumps: the squat vertical jump, the countermovement jump, and the horizontal jump. This test will show asymmetries in lower limbs (weight distribution to left or right), coordination (imbalance between upper and lower body flexion/extension), and mobility (cannot flex or extend with ease relative to height, weight, age, and experience). The numbers at the top of the bars indicate the height/distance that was jumped in each trial with optimal technique.