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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
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 me) Tj T* BT /
letes is approximately 9-10 feet (2.7-3 meters) for males and 7-8 feet (2.1-2.4) Tj T* BT /

Power Testing: Broad Jump
matassessment : blog : broad-jump-test
a data-ved="2ahUKEwjRr9SS8tCDAxVxPkQIHT9LAO4Qzmd6BAgBEA4" href="{href}"
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Mobile on The Google Play Store. The game may Note Be,vailated in Your country? Call Of
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Call of Duty: Warzone!" Mobile - Apps on Google Play play.google :
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