

Physiological Benchmarks and Targets

MALES	Aerobic	Neuromuscular						Body Composition
	Aussie Beep Test (Stage)	Squat Jump * (cm)	CM Squat Jump * (cm)	Pull Ups (reps)	Bench Press (reps @ BW)	Relative Max Squat	60s Box Test (#)	SO8 Skinfolds (mm)
Extra	> 14.1	> 55*	> 60*	> 20	> 20	> 1.95	> 85	Individual
Ideal	12.6-14.0	50-54.5*	55-59.5*	15-19	15-20	1.75-1.95	80-85	Individual
Beneficial	11.0-12.5	45-49.5*	50-54.5*	10-14	10-14	1.60-1.74	75-79	Individual
Detriment	< 11.0	< 45*	< 50*	< 10	< 10	< 1.60	< 75	Individual

* - Squat Jump and CM Squat Jump are performed on a jump mat with hands on waist

FEMALES	Aerobic	Neuromuscular						Body Composition
	Aussie Beep Test (Stage)	Squat Jump * (cm)	CM Squat Jump * (cm)	Pull Ups (reps)	Bench Press (reps @ .75xBW)	Relative Max Squat	60s Box Test (#)	SO8 Skinfolds (mm)
Extra	> 13.1	> 50*	> 55*	> 15	> 12	> 1.80	> 74	Individual
Ideal	11.5-13.0	46-49.5*	50-54.5*	11-14	9-12	1.65-1.79	70-73	Individual
Beneficial	10.0-11.4	41-45.5*	45-49.5*	8-11	5-8	1.50-1.64	67-69	Individual
Detriment	< 10.0	< 41*	< 45*	< 8	< 5	< 1.50	< 67	Individual

* - Squat Jump and CM Squat Jump are performed on a jump mat with hands on waist