

**Isometric Lift:**  
Isometric and dynamic test and training information can be obtained safely and can be a valuable objective tool in assisting coaches and trainers to determine safe return to lifting following injury.



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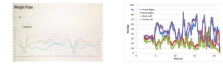
Check Bodine  
 Height : 6' 1"  
 Weight: 235  
 Position: Linebacker  
 Report date: 04/28/2015



### Force Plate Platform Test Results

Name:	Quirk	Endline	Repetitions	Underbunk			
ID	Exercise	Peak Weight	Peak Power	Peak Power	Peak Power		
1	2015-04-28 11:40:45	Power Clean	225	7.71 kJ/s	734.950	843.530	762.150
2	2015-04-28 11:42:48	Power Clean	225	745.634	733.751	762.190	745.940
3	2015-04-28 11:44:19	Power Clean	225	745.634	733.751	762.190	745.940
4	2015-04-28 11:46:14	Power Clean	225	816.454	750.115	751.260	767.370
5	2015-04-28 11:48:16	Power Clean	240	400.000	400.000	400.000	400.000
6	2015-04-28 11:49:07	Power Clean	240	423.437	425.478	425.478	426.435
7	2015-04-28 11:51:09	Power Clean	240	454.000	460.989	468.627	454.000
8	2015-04-28 11:53:06	Power Clean	300	576.800	493.578	497.882	588.861
9	2015-04-28 11:54:15	Power Clean	300	683.934	633.871	626.872	676.871

Competition	
Weight (lb)	Average Power
115	744.51
150	438.87
200	318.32



## 2035 Junior World Weightlifting

