



Specialized Sports Performance Testing

Football	Baseball	Basketball	Soccer	Volleyball	Track and Field
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\$47 Eval Test Groups of 1-10 (max) (30 mins) [To Book Your Testing, Click Here:](#)

Broad Jump	Broad Jump	Broad Jump	Broad Jump	Broad Jump	Broad Jump
Step Down Test	Step Down Test	Step Down Test	Step Down Test	Step Down Test	Step Down Test
Single Leg Stance	Single Leg Stance	Single Leg Stance	Single Leg Stance	Single Leg Stance	Single Leg Stance
Bar Hang	Bar Hang	Bar Hang	Bar Hang	Bar Hang	Bar Hang
Shoulder Impingement	Shoulder Impingement	Shoulder Impingement	Shoulder Impingement	Shoulder Impingement	Shoulder Impingement
Shoulder Tap	Shoulder Tap	Shoulder Tap	Shoulder Tap	Shoulder Tap	Shoulder Tap

\$97 Eval Test Groups of 1 to 3 (max) (1 hr) [To Book Your Testing, Click Here:](#)

Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....
Push Ups	Arm Velocity	Vertical Jump	60 yard dash	Vertical Jump	Vertical Jump
40 yard dash	Exit Velocity	5 to 10 to 5	5 to 10 to 5	Depth Jump	40 yard dash (Split*)
Vertical Jump	60 yard dash	Shuttle Run	Shuttle Run	Shoulder Mobility	60 yard dash (Split*)
5 to 10 to 5	10lb Med Ball Side Throw	Depth Jump	Vale Sports Cord		100 meters
Shuttle Run	Heco Stix Test				

\$197 Tested Individually (1.5 hrs) [To Book Your Individual Testing, Click Here:](#)

Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....	Above Tests PLUS....
Bench Press	Video Analysis	Back Squat	Ball Velocity Test	Overhead Medball Toss	Single Hop
Incline Press	Throwing Assessment	Power Clean	Back Squat	Back Squat	Vale Sports Cord
Back Squat	T run test *	Repeated Calf Raise	Power Clean	Power Clean	Video Analysis of Start
Power Clean	Box run test *	T run test *	Vertical Jump	Hitting Velocity	Muscle up test * Pole Vault
T run test *		Box run test *		T run test *	Shoulder mobility * Javelin
Box run test *				Box run test *	