

bet sb

<div class="hwc kCrYT" style="padding-bottom:12px;padding-top:0px"><div><div><div><div><div><div></div>

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

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<a data-ved="2ahUKEwjRr9SS8tCDAXVxPkQIHT9LAO4QFnoECAEQBg" href="{href}"><div>Power Testing: Vertical

Jump Test</div></div>matassessm

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<div class="hwc kCrYT" style="padding-bottom:12px;padding-top:0px"><div><div><div><div><div><div></div>

<div><div>College-aged females: The average Broad Jump distance for college

-aged females is approximately 6-7 feet (1.8-2.1 meters) Tj T* BT /

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

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Power Testing: Broad Jump</div></div>matassessm

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de pesquisa, Se voc#234;</p>

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