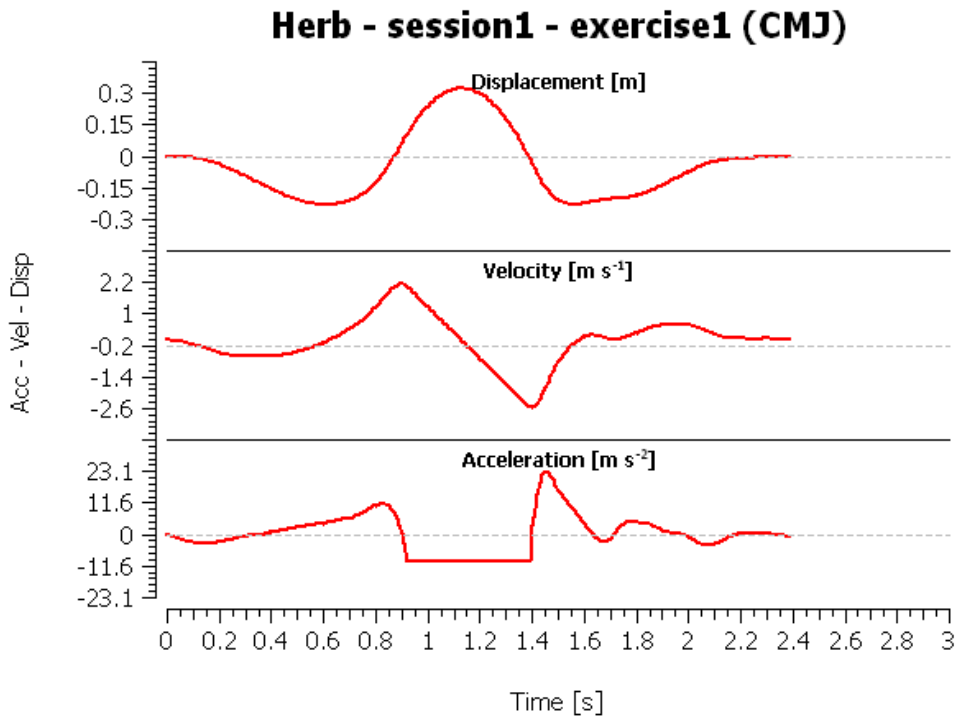


Athlete	Type	H.max	FT	V.max	F.max	P.max	WE	WC
Herb session1 exercise1	CMJ	0.32	0.48	2.2	11	19	-2.3	5.4
Herb session1 exercise2	CMJ	0.27	0.45	2	9.5	15	-2.4	5.1

Table 1:



Graph 1:

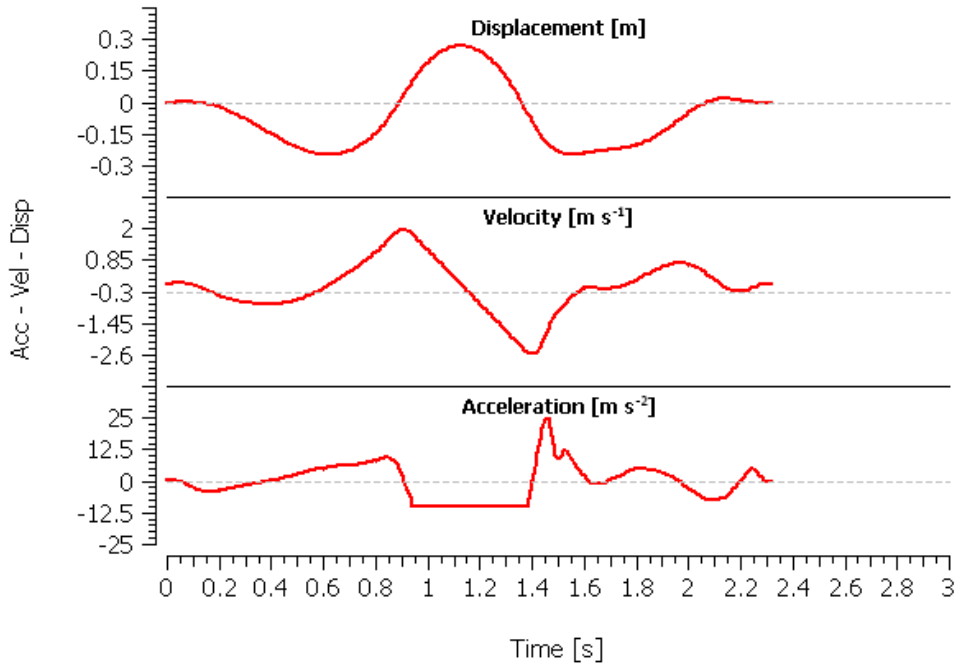
**Acronyms**

CMJ = Counter Movement Jump  
H.max = Maximum jump height [m]  
WC = Concentric work [J /kg]

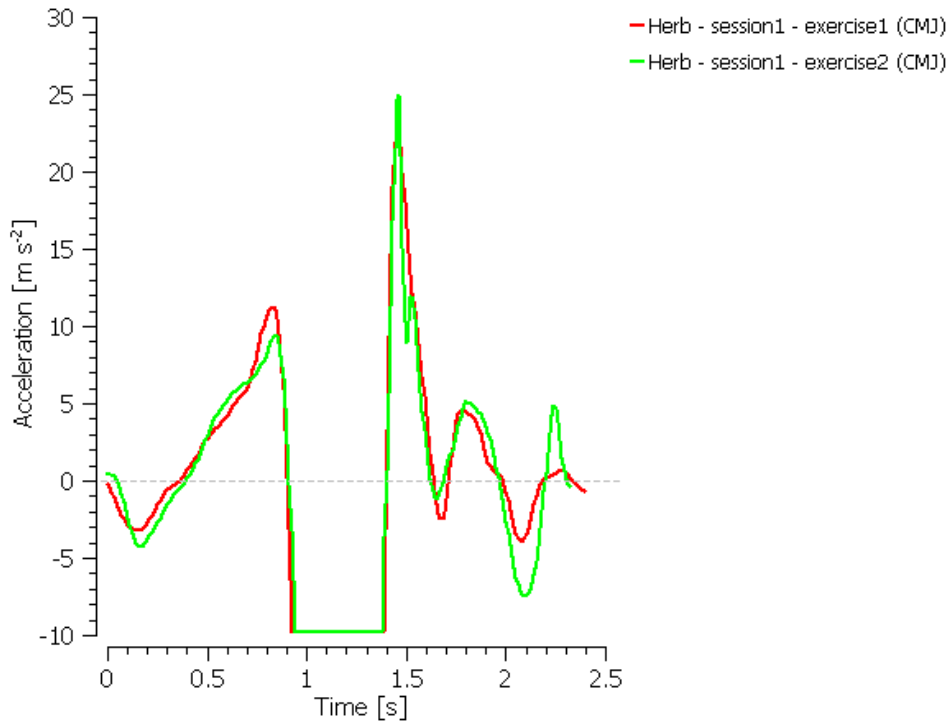
F.max = Maximum force [N /kg]  
P.max = Maximum power [W /kg]  
WE = Eccentric work [J /kg]

FT = Flight time [s]  
V.max = Maximum velocity [m /s]

### Herb - session1 - exercise2 (CMJ)



Graph 1\_1:



Graph 1\_2:

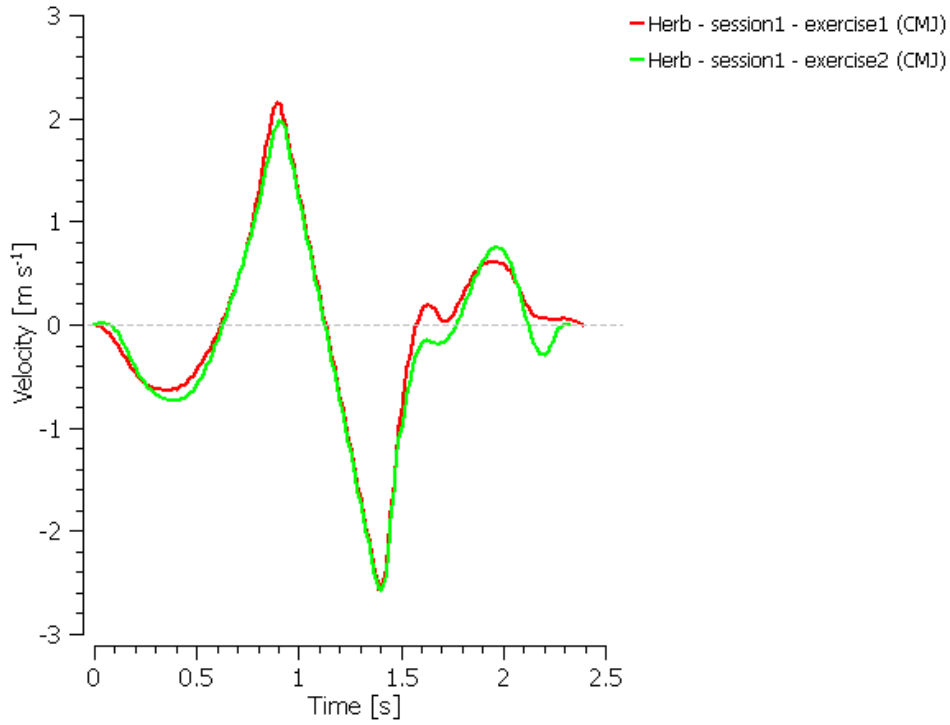
#### Acronyms

CMJ = Counter Movement Jump  
H.max = Maximum jump height [m]  
WC = Concentric work [J /kg]

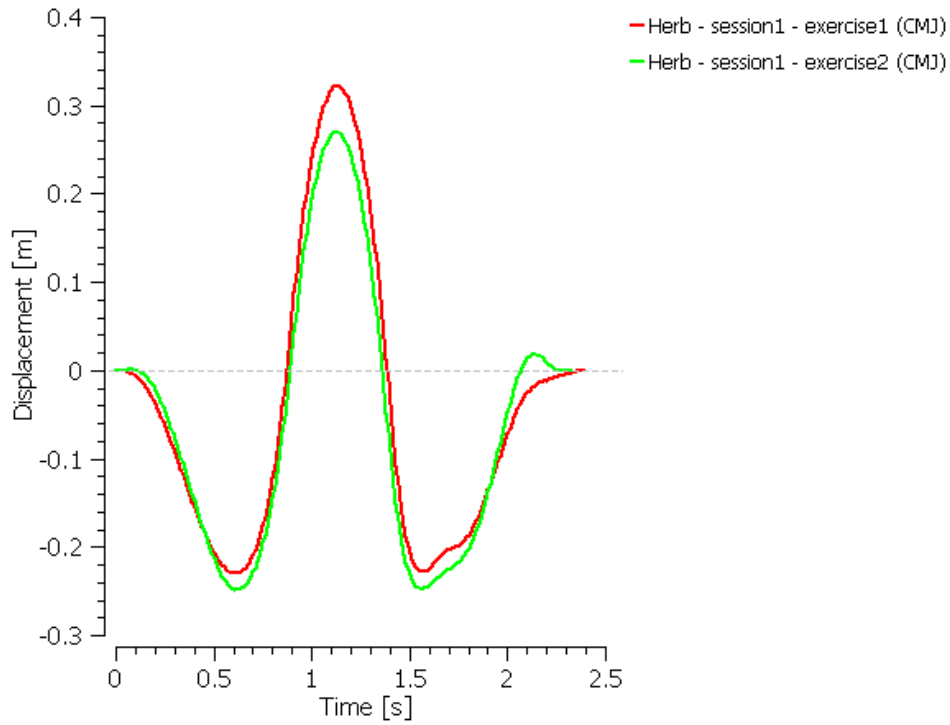
F.max = Maximum force [N /kg]  
P.max = Maximum power [W /kg]  
WE = Eccentric work [J /kg]

FT = Flight time [s]  
V.max = Maximum velocity [m /s]

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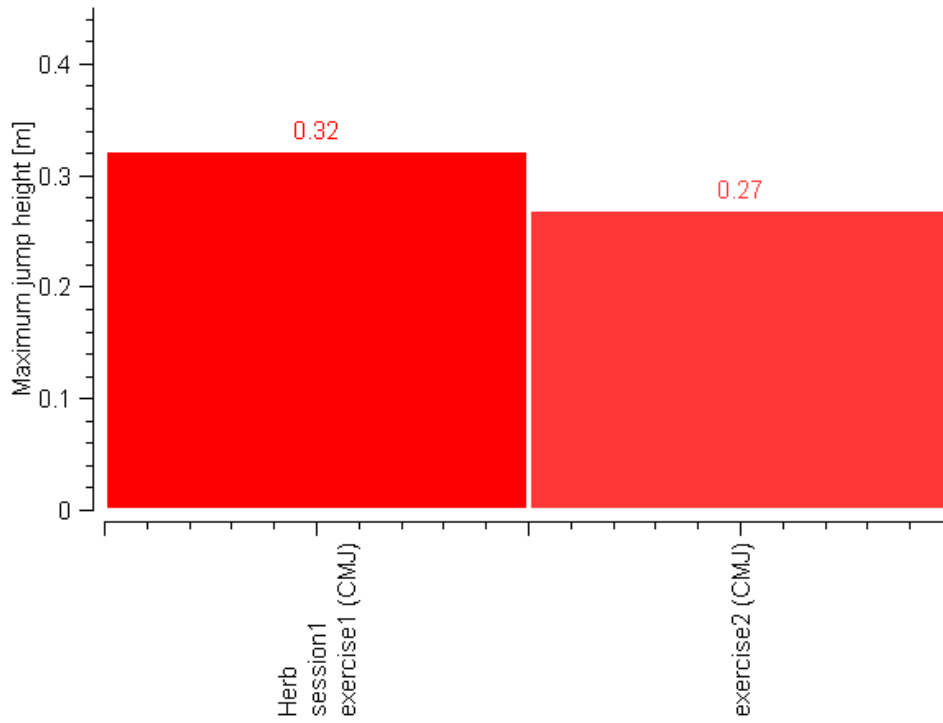


Graph 2:



Graph 3:

Acronyms		
CMJ = Counter Movement Jump	F.max = Maximum force [N /kg]	FT = Flight time [s]
H.max = Maximum jump height [m]	P.max = Maximum power [W /kg]	V.max = Maximum velocity [m /s]
WC = Concentric work [J /kg]	WE = Eccentric work [J /kg]	



Graph 4:

**Acronyms**

CMJ = Counter Movement Jump  
H.max = Maximum jump height [m]  
WC = Concentric work [J /kg]

F.max = Maximum force [N /kg]  
P.max = Maximum power [W /kg]  
WE = Eccentric work [J /kg]

FT = Flight time [s]  
V.max = Maximum velocity [m /s]