

40 YARD ANALYSIS

| SPLIT TIME |  |  |  |  | Add this to your Universal Speed Rating to receive your customized program! |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1.74 | 2.82 | 3.88 | 4.81 |  |
|  | 10 YARD | 20 YARD | 30 YARD | 40 YARD |  |
| \% VELOCITY |  |  |  | GAME APPLICATION |  |
| $100 \%$ $80 \%$ |  |  |  | TOP SPEED | 20.2 MPH |
| 40\% |  |  |  | DISTANCE TO PEAK SPEED | 4.4 .9 YDS |
| START | 10 YARDS | 20 YARDS | 30 YARDS | TIME TO PEAK SPEED | 4.67 sEc |

PRO ATHLETE SPEED SCORES


| Zander Carnahan 2 | Additional Information on your sprint performance |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Comparable NFL Combine 40 | PEAK SPEED | INITIAL <br> START ANGLE | Speed Lab Score | Start Score | Transition <br> Score | Max Velocity Score |
| $4$ | $90.91$ | 48.01 |  | 80 | 81 | 78 |
| < 4.6 is elite | >22 is elite | < 43 is elite |  | 3.73 | seconds to | MaX SPEED |

## SPEED LAB SGORING [EXPLAINED]

YOU ARE REACHING OF YOUR POTENTIAL TOP SPEED IN 40 YARDS, WHICH IS BELOW AVERAGE

Your personalized speed score is built using our analytics and proprietary algorithm. We first model the highest speed that you reach. From here we want to know HOW you got here using "Acceleration Profiling". We are able to pinpoint the weak spot of your climb to your highest speed. From here, you are ranked against our database which includes athletes from the Olympic, NFL, NCAA, High School, and Middle School levels.

You will also see 3 Categories:

1. Starting Ability
2. Transition
3. Max Velocity

These give us a general idea of what's contributing to your score the most.

|  | Changes training IN PERSON |  |  | Changes traning on USR |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| What difference could 6-8 | -0.03 |  | 4.78 | -0.02 | 4.78 |
| weeks of training make? | $\frac{15}{1520 \mathrm{Ch} \text { anges }}$ 2nd | 6667\% |  |  |  |

Potential New Metrics

| Potential new 40 | PEAK SPEED | INITIAL START ANGLE | New Speed Lab Score |
| :---: | :---: | :---: | :---: |
| 476 | $9.4$ | $44^{80} 4$ | Change in your speed Lab Score |
| -0.03 | 1.49 | -0.25 |  |


| Time To Peak Speed Vs. Max Velocity (mph) |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Previous |  |  | vs | Potential |  |  |
|  | 3.73 | seoconsts to | 20.20 |  | 3.74 | seoronds to | 21.69 |

We plotted these changes that you will make over the next few weeks. How Will we achieve this? Our staff will guide you through your options and build your plan


