



**13 Weeks - 87 Players - 1392 Total PR's**  
**16 Benchmark Tests - 100% PRs**

**Average Player Increase:**

Deadlift:	Increased 52.6 LBs
Hitting Exit Velocity:	Increased 7.7 MPH
Throwing Velocity:	Increased 4.4 MPH
Standing Long Jump:	Up 16 inches
Lateral Long Jump:	Up 8 inches
Bar Hang:	Up 26.4 seconds
10 yard sprints:	Faster 0.23
30 yard sprints:	Faster 0.31
6LB Shot Put:	Increased 2.4 MPH
6LB Scoop:	Increased 2.7 MPH
2LB Separation:	Increased 1.6 MPH

