

Test endurance

Ruffier
et
Dixon

P1:

P2:

P3:

$(P1+P2+P3-200)/10 \Rightarrow$

IR:



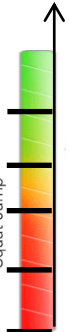
Test détente



cm



Squat Jump



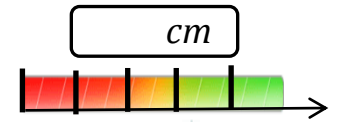
cm



Counter Movement Jump



cm

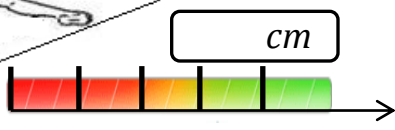
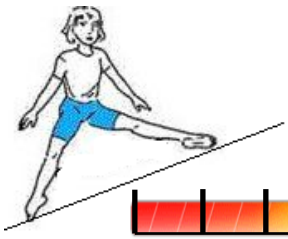


cm

Test souplesse



cm



cm

Test de force



sec

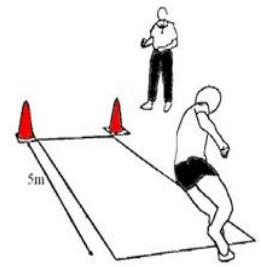


Test équilibre

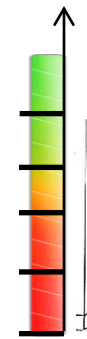


sec

Test Vitesse



sec



sec

