

| VARIABLE | TRIATHLETE DATA | ATHLETE DATA | SUBJECT DATA | VARIABLE | TRIATHLETE DATA | ATHLETE DATA | SUBJECT DATA |
|----------------------------------|-----------------|----------------|--------------------|--------------------------------|-----------------|--------------|--------------------|
| STRENGTH | | | | FLEXIBILITY | | | |
| Shoulder IR | 64.0 Nm/kg | 50 Nm/kg | R 60.8 L 54.6 | Shoulder Flexion | 175° | 180° | R 190 L 187 |
| Shoulder ER | 44.6 Nm/kg | 35 Nm/kg | R 41.1 L 43.9 | Shoulder Extension | 70° | 65° | R 77 L 79 |
| Shoulder ER/IR | 0.7 | 0.7 | R 0.7 L 0.8 | Shoulder Abduction | 192° | 180° | R 204 L 192 |
| Knee Flexion | 126.2 Nm/kg | 132 Nm/kg | R 129.7 L 123.2 | Shoulder ER | 110° | 110° | R 103 L 105 |
| Knee Extension | 234.2 Nm/kg | 272 Nm/kg | R 221.5 L 228.7 | Shoulder IR | 59° | 47° | R 58 L 69 |
| Knee Flex/Ext | 0.5 | 0.5 | R 0.6 L 0.5 | PST | 110° | 105° | R 110 L 107 |
| Ankle Inversion | 23.1 kg | 33.7 kg | R 21.5 L 23.4 | Knee Flexion | 140° | 125° | R 137 L 137 |
| Ankle Eversion | 21.6 kg | 29.2 kg | R 20.8 L 18.7 | Active Knee Extension | 15° | 26° | R 15 L 18 |
| Ankle Inv/Ever | 1.073 | 0.954 | R 1.0 L 1.2 | Hip Flexion | 138° | 133° | R 139 L 139 |
| Torso Flexion | 230.0 Nm/kg | 208.5 Nm/kg | 236.4 | Hip Extension | 21° | 21° | R 20 L 16 |
| Torso Extension | 420.5 Nm/kg | 361.9 Nm/kg | 372.7 | Calf | 12° | 13° | R 3 L 6 |
| Torso Ext/Flex | 1.83 | 1.8 | 1.6 | Trunk Right Rotation | 72° | 70.46° | 70 |
| Torso Rotation Right | 148.3 Nm/kg | 141.72 Nm/kg | 158.9 | Trunk Left Rotation | 68° | 60.58° | 64 |
| Torso Rotation Left | 150.4 Nm/kg | 146.06 Nm/kg | 156.9 | BALANCE | | | |
| Torso L/R | 1.02 | 0.98 | 1.0 | Anterior/Posterior Eyes Open | 3.12 | 2.67 | R 22.30 L 22.70 |
| PHYSIOLOGICAL | | | | Medial/Lateral Eyes Open | 4.12 | 3.42 | R 21.50 L 23.70 |
| Body Fat % | 12.88 % | 13.00% | 18.4 | Vertical Eyes Open | 5.69 | 4.46 | R 20.60 L 23.80 |
| Peak Normalized Anaerobic Power | 13.66 Watt/kg | 13.34 W/kg | 14.0 | Anterior/Posterior Eyes Closed | 7.40 | 5.28 | R 19.30 L 19.40 |
| Mean Normalized Anaerobic Power | 9.17 Watt/kg | 9.03 W/kg | 9.7 | Medial/Lateral Eyes Closed | 12.19 | 8.4 | R 21.50 L 20.60 |
| VO2 Max | 69.8 mL/kg/min | 60.5 mL/kg/min | 75.8 | Vertical Eyes Closed | 16.78 | 10.46 | R 21.60 L 16.20 |
| VO2 @ Lactate Threshold | | | 63.0 | | | | |
| % VO2 @ Lactate Threshold | 83.63 % | 90% | 83.16% | | | | |
| Heart Rate Max | | | 190.0 | | | | |
| Heart Rate @ Lactate Threshold | | | 172.0 | | | | |
| % Heart Rate @ Lactate Threshold | 91.34 % | 95% | 90.53% | | | | |