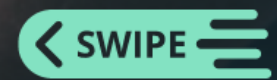


# ***NORMATIVE DATA***

## **Why do we test?**



The benefits of comparing athlete normative data:



# Assess fitness for sport:

Normative data allows us to compare an athlete's performance against a large sample of their peers. This enables us to determine if they **have enough general fitness to perform specific activities** required in their sport.



# Defining success:

Normative data can provide insights into the make-up of elite athletes and the determinants of their success. By comparing the performance of elite athletes against the wider population, we can identify the traits and characteristics that are most strongly associated with success in a particular sport.



 **1.6**  
**REACTIVE STRENGTH INDEX**



# Monitor response to our interventions:

Normative data can help us track an athlete's progress over time and assess the effectiveness of our interventions. By regularly comparing their performance against the norm, we can identify areas of improvement and adjust our interventions accordingly. This allows us to fine-tune our approach and maximise the athlete's potential.

 **0.77**  
STABILITY SCORE



# Download our free 'Leveraging Normative Data' eBook today!



Access via the link in our bio!