

# sport galerabet

Average jump height for untrained females: 12-16 inches (30-40 cm) Average jump height for trained males: 24-28 inches (60-70 cm) Average jump height for trained females: 20-24 inches (50)

Power Testing: Vertical Jump Test  
matassessment : blog : vertical-jump-test  
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College-aged females: The average Broad Jump distance for college-aged females is approximately 6-7 feet (1.8-2.1 meters). High school athletes: The average Broad Jump distance for high school athletes is approximately 9-10 feet

Power Testing: Broad Jump  
matassessment : blog  
broad-jump-test  
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Call of Duty: Modern Warfare III is a 2024 first-person shooter video game developed by Sledgehammer Games and published by Activision. It is a sequel to 2024's Modern Warfare II, serving as the third entry in the rebooted Modern Warfare sub-series and the twentieth installment in the overall Call of Duty series.