

# O O bet365

[Average jump height for untrained females: 12-16 inches \(30-40 cm\)](#) [Average jump height for trained males: 24-28 inches \(60-70\)](#) Tj T\* B

[Power Testing: Vertical Jump Test](#) [matassessment : blog : vertical-jump-test](#) [0 O bet365](#)

[College-aged females: The average Broad Jump distance for college-aged females is approximately 6-7 feet \(1.8-2.1 meters\)](#) [College-aged males: The average Broad Jump distance for college-aged males is approximately 9-10 feet \(2.7-3 meters\) for males and 7-8 feet \(2.1-2.4 \)](#) Tj T\* BT /

[Power Testing: Broad Jump](#) [matassessment : blog : broad-jump-test](#) [0 O bet365](#)

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