

# 0 0 bet365

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

[Power Testing: Vertical Jump Test](#)  
[Vertical-jump-test](#)  
[Power Testing: Broad Jump](#)

[College-aged females: The average Broad Jump distance for college-aged females is approximately 6-7 feet \(1.8-2.1 m\)](#)

[College-aged males: The average Broad Jump distance for college-aged males is approximately 9-10 feet \(2.7-3 meters\)](#)

[Power Testing: Broad Jump](#)  
[Broad-jump-test](#)  
[Power Testing: Broad Jump](#)

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