



**PHYSICAL TESTING BENCHMARKS
NATIONAL LEAGUE**

PROTOCOL	BENCHMARK	SILVER FERNS STANDARD
POWER/ELEVATION		
Broad Jump (cm)	220-240cm	>250cm
Vertical Jump (cm)	50-55cm	>65cm
CMJ Power (W/kg)	50-60 w/kg	>70 w/kg
Left Leg Power	32.5-37.5 w/kg	45 w/kg
Right Leg Power	32.5-37.5 w/kg	45 w/kg
Squat Jump Power	50-57.5 w/kg	67.5 w/kg
STRENGTH		
Parallel Squat (kg)	1-1.5 x BW	1.75 x BW
Isometric Mid-Thigh Pull Option	20-30 N/kg	35+ N/kg
Bench Press 1RM	50-60kg	70kg+
Chin Up 1RM	BW-BW+5kg	BW + 15kg
Bench Pull (kg)	50-60kg	70kg+
Power Clean	0.7-1.0 x BW	> 1.0 x BW
SPEED		
5m	1.03-1.08s	<1.00s
10m	1.80-1.90s	<1.70s
40m	7.00-7.30s	<6.95s
5-0-5	2.35-2.40s	<2.295s
AEROBIC		
Yo-Yo	GS 16.8-17.4	18.1+
	GA 17.6-18.2	18.6+
	WA 17.8-18.6	19.2+
	C 18.6-19.5	20.1+
	WD 17.6-18.2	18.6+
	GD 17.6-18.2	18.6+
	GK 16.8-17.4	17.6+