BACK in ACTION

#betterperformance

Corehab

empower your training

7 tests for #betterperformance

BALANCE

1 Bipodalic **stability**

2 Monopodalic **stability**

STRENGTH

3 Bilateral **CMJ**

4 Monolateral **CMJ**

AGILITY

5 **Plyometric** jumps

6 **Parkour**

7 **Quick**feet

SPEED

COMPARISON WITH NORMATIVE DATA

PERFORMANCE EVALUATION

RETURN TO PLAY AFTER ACL

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