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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 (2.)

Power Testing: Broad Jump
matassessment : blog : broad-jump-test
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On Android devices, Warzone Mobile requires a minimum of 6 GB RAM and an Adreno 618 GPU. This is a moderate spec, as the Xiaomi Note 10, an Android phone released in 2024, meets the expectations perfectly. (Most flagship phones from 2024)