ISOKINETIC PERFORMANCE OF ELITE COLLEGE FOOTBALL PLAYERS

HUMAC®
STRENGTH THROUGH KNOWLEDGE

PROTOCOL
60°/sec, 3 test repetitions, best rep ft/lbs.

			EXTENSOR: QUAD		FLEXOR: HAM		
			PEAK TORQUE FT/LBS	% BODY WEIGHT	PEAK TORQUE FT/LBS	% BODY WEIGHT	RATIO HAM/QUAD
DB DEFENSIVE BACKS (n=222)		DOMINANT	210	103%	136	67%	65%
		NON-DOMINANT	205	100%	134	66%	65%
		DEFICIT	2%	-	2%	-	-
DL DEFENSIVE LINE (n=218)		DOMINANT	254	92%	170	61%	67%
		NON-DOMINANT	250	91%	171	62%	68%
		DEFICIT	2%	-	-1%	-	-
PK PLACE KICKERS (n=37)		DOMINANT	204	100%	131	65%	64%
		NON-DOMINANT	198	98%	132	65%	67%
		DEFICIT	3%	-	-1%	-	-
LB LINE-BACKERS (n=123)		DOMINANT	241	101%	162	68%	67%
		NON-DOMINANT	233	98%	156	65%	67%
		DEFICIT	3%	-	4%	-	-
OL OFFENSIVE LINE (n=204)		DOMINANT	257	84%	173	57%	67%
		NON-DOMINANT	252	83%	173	57%	69%
		DEFICIT	2%	-	0%	-	-
QB QUARTER-BACKS (n=73)		DOMINANT	224	101%	153	68%	68%
		NON-DOMINANT	218	99%	152	68%	70%
		DEFICIT	3%	-	0%	-	-
RB RUNNING BACKS (n=118)		DOMINANT	223	103%	147	68%	66%
		NON-DOMINANT	218	100%	145	67%	67%
		DEFICIT	2%	-	1%	-	-
TE TIGHT ENDS (n=59)		DOMINANT	251	99%	170	68%	68%
		NON-DOMINANT	248	98%	170	67%	68%
		DEFICIT	1%	-	0%	-	-
WR WIDE-OUTS (n=198)		DOMINANT	205	102%	142	70%	69%
		NON-DOMINANT	204	102%	141	70%	69%
		DEFICIT	1%	-	1%	-	-

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Zvijac, JE, Toriscelli, TA, Merrick, WS, Papp, DF, and Kiebzak, GM. Isokinetic concentric quadriceps and hamstring normative data for elite Collegiate American football players participating in the NFL Scouting Combine. *J Strength Cond Res* 28: 875–883, 2014.