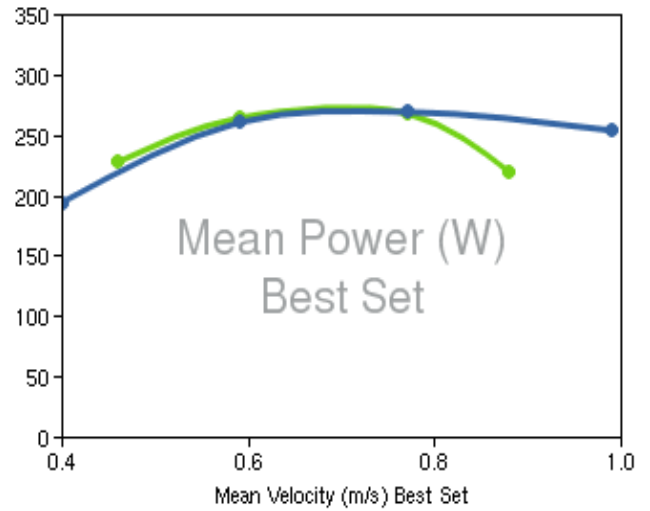
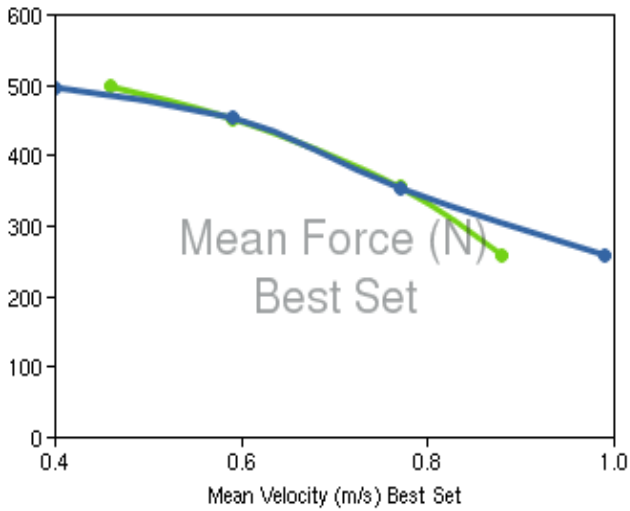


**Velocity Profile**  
07/02/2017 - 24/07/2017

Heather LAWTON

**Bench Press**

■ 07/02/2017 (Bench Press) ■ 24/07/2017 (Bench Press)



07/02/2017	Exercise	Mean Velocity (m/s)	Mean Force (N)	Mean Velocity (m/s)	Mean Power (W)
25.0 kg	Bench Press	0.99	258.9	0.99	254.33
35.0 kg	Bench Press	0.77	354.08	0.77	269.61
45.0 kg	Bench Press	0.59	454.08	0.59	260.99
50.0 kg	Bench Press	0.4	496.88	0.4	194.87
24/07/2017	Exercise	Mean Velocity (m/s)	Mean Force (N)	Mean Velocity (m/s)	Mean Power (W)
25.0 kg	Bench Press	0.88	258.51	0.88	219.79
35.0 kg	Bench Press	0.77	355.1	0.77	268.44
45.0 kg	Bench Press	0.59	452.58	0.59	264.61
50.0 kg	Bench Press	0.46	497.93	0.46	228.3