

<b>Variable</b>	<b>Position</b>	<b>Mean</b>	<b>Standard deviation</b>
Height	Props	183.7	4.3
	Locks	197.7	4.0
	Loose forwards	188.3	5.1
	Hooker	181.0	5.0
	Fh, SH, C	179.3	6.5
	Fullback	181.3	5.5
Weight	Props	118.4	8.0
	Locks	112.7	7.9
	Loose forwards	102.4	9.5
	Hooker	104.8	8.5
	Fh, SH, C	88.7	8.3
	Fullback	100.2	14.1
Sum SF	Props	111.3	25.3
	Locks	78.3	23.3
	Loose forwards	73.8	19.5
	Hooker	92.5	27.4
	Fh, SH, C	62.0	17.0
	Fullback	57.1	14.8
Bodyfat	Props	20.0	3.1
	Locks	16.6	3.2
	Loose forwards	15.2	2.9
	Hooker	17.4	3.3
	Fh, SH, C	13.7	2.8
	Fullback	12.3	2.2
% Muscle	Props	55.1	4.8
	Locks	58.7	4.2
	Loose forwards	60.9	4.7
	Hooker	58.9	5.9
	Fh, SH, C	59.6	3.8
	Fullback	59.2	4.3
SLR (L)	All	96.6	11.2
SLR(R)	All	96.7	11.2
HIP(L)	All	3.0	5.0
HIP( R)	All	3.0	4.7
Quad (L)	All	58.2	8.5
Quad ( R)	All	58.2	8.7
10m	Props	1.9	0.1
	Locks	1.8	0.1
	Loose forwards	1.8	0.1
	Hooker	1.8	0.1
	Fh, SH, C	1.8	0.1
	Fullback	1.7	0.1
40m	Props	5.7	0.2
	Locks	5.4	0.2
	Loose forwards	5.3	0.2
	Hooker	5.5	0.2
	Fh, SH, C	5.2	0.2
	Fullback	5.1	0.1
Agility T	forwards	11.5	0.7
	backs	10.8	0.4
Illinois	Props	16.1	0.5
	Locks	15.6	0.8
	Loose forwards	15.4	0.6
	Hooker	15.9	0.5
	Fh, SH, C	14.9	0.4



**Normative Data (Average + SD) Form Senior**

*BokSmart normative data (display only Average + SD)*

	Fullback	14.9	0.4
<b>Bench Absolute</b>	Props	142.6	21.3
	Locks	123.2	19.0
	Loose forwards	125.9	20.6
	Hooker	133.1	18.5
	Fh, SH, C	119.0	17.2
	Fullback	111.9	15.0
<b>Bench Relative</b>	Props	9.4	1.3
	Locks	8.3	1.1
	Loose forwards	9.0	1.3
	Hooker	9.3	1.4
	Fh, SH, C	9.2	1.1
	Fullback	8.9	1.1
<b>1RM from 5RM Squat</b>	Props	180.7	50.1
	Locks	152.9	27.0
	Loose forwards	153.7	23.8
	Hooker	153.7	23.8
	Fh, SH, C	156.7	36.9
	Fullback	147.7	33.0
<b>5RM Rel. squat</b>	Props	5.4	1.0
	Locks	5.6	1.0
	Loose forwards	5.0	0.5
	Hooker	5.0	0.5
	Fh, SH, C	4.4	0.5
	Fullback	4.5	0.6
<b>Pull ups</b>	Props	10.2	5.0
	Locks	11.5	4.5
	Loose forwards	15.5	4.8
	Hooker	12.3	6.1
	Fh, SH, C	17.3	3.6
	Fullback	18.7	5.2
<b>Push ups</b>	Props	54.2	12.1
	Locks	50.2	10.9
	Loose forwards	58.7	13.9
	Hooker	55.6	15.9
	Fh, SH, C	63.3	13.0
	Fullback	57.6	11.2
<b>Sit ups</b>	Props	86.5	15.9
	Locks	87.8	13.1
	Loose forwards	99.4	14.4
	Hooker	97.2	18.7
	Fh, SH, C	97.6	16.1
	Fullback	96.0	15.0
<b>Vert. Jump</b>	Props	52.9	8.9
	Locks	61.2	4.9
	Loose forwards	62.2	4.7
	Hooker	52.8	6.9
	Fh, SH, C	61.7	6.3
	Fullback	62.4	6.0
<b>Bleep</b>	Props	86.7	15.7
	Locks	101.4	19.6
	Loose forwards	108.9	12.9
	Hooker	102.4	19.8
	Fh, SH, C	110.4	16.0
	Fullback	107.4	14.9
<b>Mod. Bleep</b>	Forwards	178.8	21.1
	Backs	190.1	16.8
<b>RSA</b>	Props	701.7	34.1
	Locks	725.3	33.2
	Loose forwards	747.4	24.8

*BokSmart normative data (display only Average + SD)*

	Hooker	719.8	34.7
	Fh, SH, C	758.1	23.3
	Fullback	756.1	23.8
<b>Sit and reach</b>	Props	6.7	8.2
	Locks	8.4	9.7
	Loose forwards	9.8	6.9
	Hooker	6.6	5.0
	Fh, SH, C	11.2	6.7
	Fullback	9.6	7.5
<b>Sit and reach</b>	all	31.9	7.4
<b>3km time trial</b>	Props	13.75	23
	Locks	13.25	23
<b>**</b>	Loose forwards	12.75	23
<b>**</b>	Hooker	12.75	23
	Fh, SH, C	12.25	23
	Fullback	12	23
<b>Broad jump</b>	all	262.1	46.0