



HIT Center Austin

**Volleyball Testing
Results: June 2015**

Drill	Average Improvement
Approach Jump	+3.2"
Block Jump	+2.4"
Hang Clean	+15 lbs.
Hang Snatch	+25 lbs.
Squat	+20 lbs.
Bench Press	+10 lbs.
Deadlift	+10 lbs.
OH Press	+5 lbs.