

REACH EVERY CHILD WITH KHILADI PRO

INDIA'S FIRST SPORTS FITNESS OLYMPIAD

VERIFIED PHYSICAL ATTRIBUTES · ATHLETIC ABILITY TESTS · SPORTING TALENT IDENTIFICATION



SAMPLE REPORT

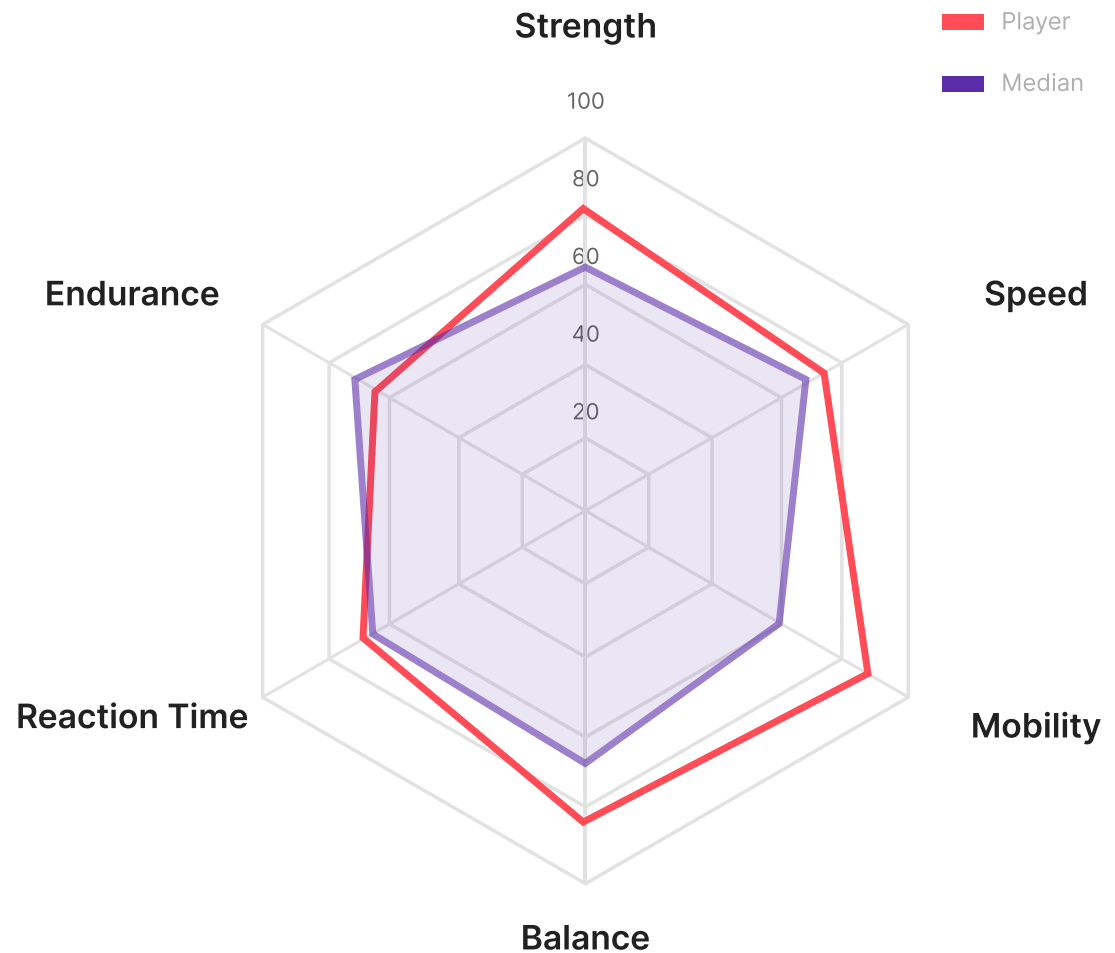
Physical

The KPro AI powered physical assessment provides a comprehensive evaluation of an individual's physical capabilities and attributes, including strength, endurance, speed, flexibility, balance, and reaction time.

Through thoughtful and scientific tests and accurate measurement, we identify key strengths, weaknesses, and areas for improvement. Our aim is to help you understand where you stand and guide you towards focusing on and improving your physical prowess.

This report outlines each variable, serving as a robust indicator of your current capabilities and reflecting on your future potential as an athletic human being.

May 2024



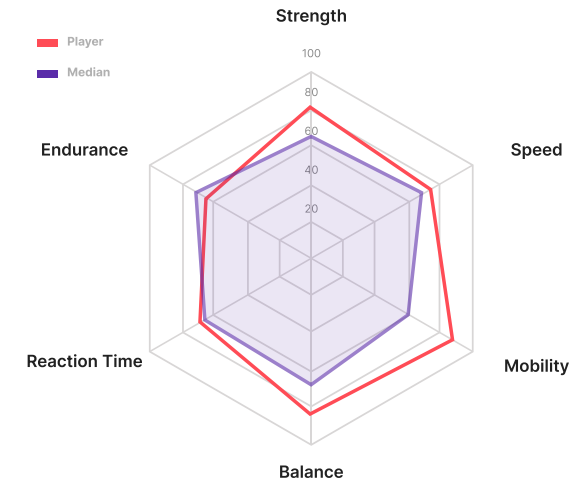
Sahana KV | Female | 14 Years | Right Handed

Height - 156cm | Arm Span - 153cm | Body Mass - 52kg | BMI- 21.4kg/m2

Physical B+



Your speed, strength, and agility are signs of the amazing experiences you can have and how healthy and happy you can be. These abilities are like building blocks for your health, your confidence, and your strength when things get tough. They are the keys to opening doors to exciting opportunities and facing challenges with energy and determination. By knowing and growing these skills, you'll not only shine on the field but in every part of your life's adventure.



Strength

Percentile 72

The capacity to exert maximum force against resistance, vital for performance enhancement, injury prevention, and powerful movements.

Speed

Percentile 75

The ability to move swiftly in a desired direction, facilitating coverage of ground on the field and serving as a foundation for explosiveness and reaction time.

Mobility

Percentile 89

The extent of motion in joints and muscles, enhancing mobility, reducing injury potential, and promoting fluidity in physical activities.

Balance

Percentile 84

A key component of stability and coordination, essential for maintaining equilibrium during movements and activities.

Reaction Time

Percentile 68

The speed at which an athlete responds to stimuli, critical for quick decision-making and agility on the field or court.

Endurance

Percentile 63

Essential for sustaining prolonged exertion without succumbing to fatigue, crucial for activities requiring sustained performance over time.

● Sit & Reach

42

Cm

● Shoulder Hip Rotation

112°

Degree

● Flamingo Hold

78.4

Sec

● Push-ups

07

Reps

● Chair Hold

12.7

Sec

● Beep Test

09

Runs

Physical - Strength

A+

A

B+

B

C+

C

D

Strength - Percentile

60

Strength is often emphasized as a foundational aspect of athleticism. As we discussed earlier, it serves as a genuine marker of your athletic capabilities, albeit the specific requirements for strength can vary depending on the demands of different sports.

After conducting all tests in the strength category of the Physical Assessment for The Sports Olympiad, your overall strength measurement places you in the 60th percentile category. This indicates a level of strength considered to be at par with established standards.

Fundamental Strength

GIFTED

Importance

Prevents injuries, increases stability, facilitates challenging movements, strengthens bones, and enhances performance.

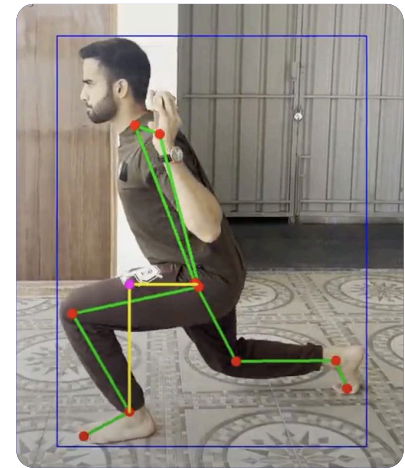
You're in the top 90 percentile.

Observation:

Your outstanding foundational strength positions you among the top performers, showcasing excellent coordination in leveraging all body parts to generate strength effectively.

Percentile

97



Lower Body

PAR

Importance

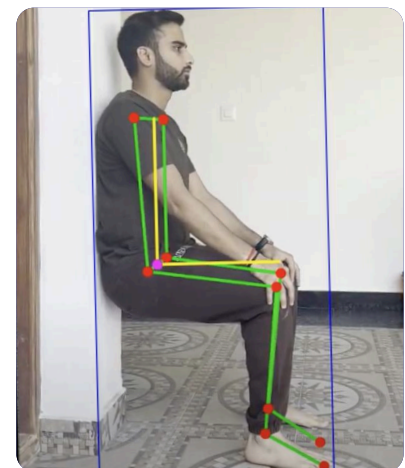
Enables activities like jumping, running, and lifting heavy objects from the ground, You're in the top 50 percentile.

Observation:

You're currently at average levels here. To enhance your overall performance, it's crucial to focus on developing lower body strength, which plays a pivotal role in power, speed, and endurance. Consider incorporating exercises like squats, lunges, hamstring curls, calf raises, and more to prioritize leg strength and optimize your athletic abilities.

Percentile

55



Core

DISTINCTION

Importance

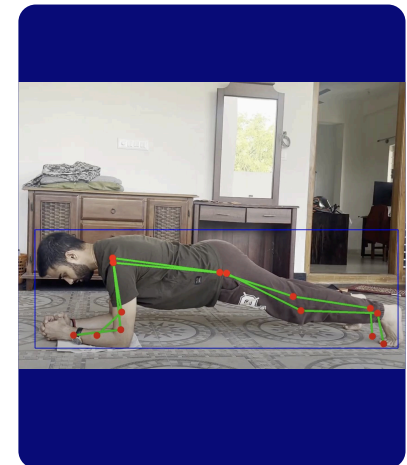
Promotes stability, balance, posture, reduces back injuries, and facilitates power transfer
You're in the top 80 percentile.

Observation:

You've achieved a distinction level, signaling good core stability and strength. To further enhance your performance, consider integrating targeted core training into your routine.

Percentile

84



Upper Body

BELOW PAR

Importance

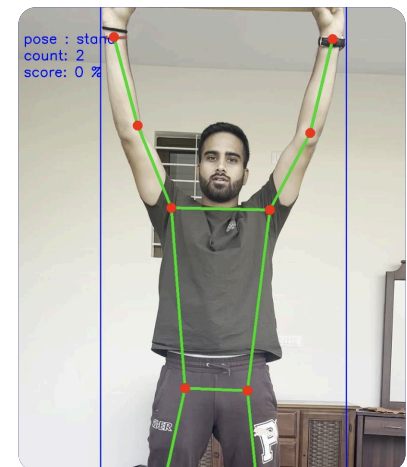
Improves throwing and punching abilities, while promoting better posture
You're in the bottom 40 percentile.

Observation:

Your upper body strength falls below par, indicating room for improvement. Strengthening this area is vital for optimizing performance. Incorporate exercises like pushups, pullups, and shoulder presses to enhance your overall abilities and fine-tune your performance.

Percentile

42



Physical - Strength - Test



Push-ups

07 Reps

Test your upper body and core resilience as you defy gravity, pressing against the ground with determination and grit.

Upper Body



Chair hold

42.7 Sec

Put your endurance to the test as you hover over a chair, defying gravity with sheer willpower and muscle control.

Core



Plank hold

108.6 Sec

Challenge your core strength and stability as you hold a position that turns you into a human plank!

Fundamental Strength

Core



Split squat

21 Reps

Challenge your lower body balance and stability, one leg forward, one back, like a graceful dancer holding a challenging pose.

Fundamental Strength

Lower Body



Horizontal jump

1.63 Mtr

Spring into action and test your explosive power by propelling yourself through the air horizontally!

Lower Body



Partial curl up

23 Reps

Put your abdominal muscles to the test with this partial curl, feeling the burn as you crunch towards greatness!

Core



Physical - Speed

A+

A

B+

B

C+

C

D

Speed - Percentile

75

Speed is crucial in sports, akin to having superpowers, facilitating swift movement and reactions. Its significance varies across sports, influencing game outcomes and individual performances. This report assesses your ability to generate acceleration, reach and sustain peak velocity, and maintain optimal running posture, vital for efficiency in performance.

After conducting all tests in the speed category of the Physical Assessment for The Sports Olympiad, your overall speed measurement places you in the 75th percentile category. This indicates a level of speed considered to be at par with established standards.

Acceleration

PAR

Importance

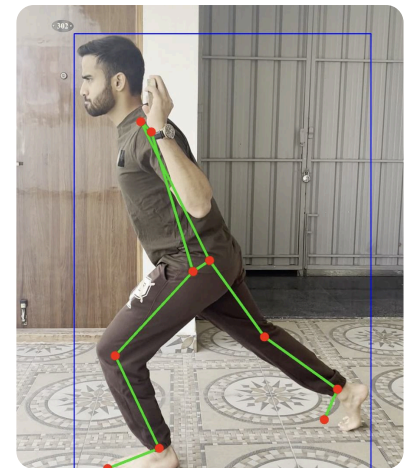
Enhances speed and agility, crucial for quick starts, changes in pace, and overtaking opponents. You're in the top 75 percentile.

Observation:

You're currently at a "Par" level. Acceleration, crucial for gaining an edge over opponents right from the start, can be improved through focused drills like timed starts and resisted sprints. Building explosive power and quickness is essential for success in various sports.

Percentile

79



Peak Velocity

DISTINCTION

Importance

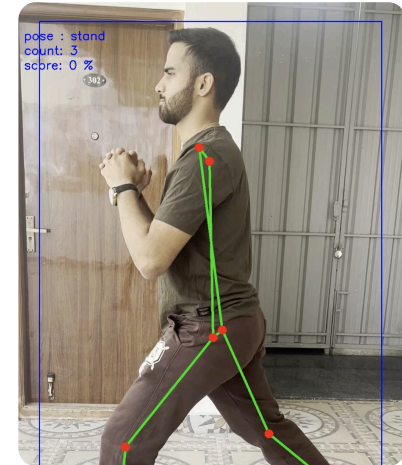
It gives an edge over the opponents, enhances the speed, distance covered, shows efficiency of the athlete
You're in the top 80 percentile.

Observation:

You're currently at a "Distinction" level in peak velocity, showcasing excellent ability to reach and maintain top speed, giving you an advantage over others. To further improve, consider incorporating training methods like MAS (maximal aerobic speed), floating speed, and plyometrics. These exercises can enhance your speed and performance even more.

Percentile

88



Running Posture

PAR

Importance

Increases efficiency, distance, reduced effort, decrease injuries, increase in performance
You're in the top 60 percentile.

Observation:

Your running posture is currently at a "Par" level. Maintaining good posture is crucial for enhancing efficiency, performance, and preventing injuries. To improve, integrate drills such as ABC exercises, forward lean marches, and stride length variations. Strengthening exercises for hip flexors, hamstrings, and other key muscles will also contribute to better posture and overall running form.

Percentile

68



Physical - Speed - Test



20m Sprint

05.67 Sec

Put the pedal to the metal and race against the clock in a quick burst of speed covering 20 meters!

Acceleration

Percentile

73

Strides per sec

3.1 Steps

Measure your agility and speed as you count how many steps you can take in just one second!

Peak Velocity

Percentile

89

Hip motion alignment

84 %

Get your hips in sync and ensure they're aligned perfectly for optimal performance and stability!

Running Posture

Percentile

68

50m Sprint

12.67 Sec

Lace up those shoes and unleash your full speed potential in a thrilling dash over 50 meters!

Acceleration

Percentile

81

Stride length

1.21 Mtr

Stretch out your legs and test how far you can reach with each powerful stride, covering ground in style!

Peak Velocity

Percentile

77

Shoulder motion alignment

77 %

Fine-tune your shoulder movements for precision and efficiency in every action you take!

Running Posture

Percentile

64

Physical - Mobility

A+

A

B+

B

C+

C

D

Mobility - Percentile

90

Good mobility unleashes the hidden power and strength within your body, enabling freedom of movement and flexibility in joints, muscles, and ligaments. It's essential for overall physical agility, ensuring efficient force transfer and absorption at every joint.

Your remarkable mobility bestows you with excellent joint ranges, facilitating fluid muscle function and optimal force generation. Activities like gymnastics and calisthenics, known for their mobility demands, could be particularly well-suited for you to explore and excel in.

Hip Mobility

DISTINCTION

Importance

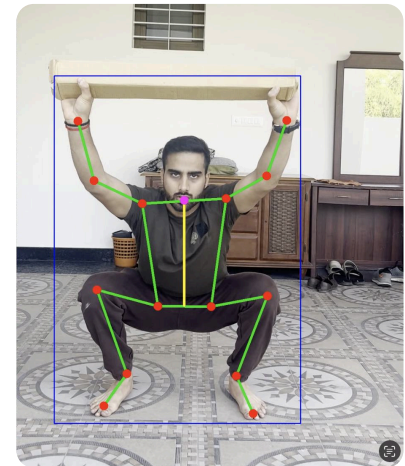
Move freely, Stronger end-range movements, reduce injuries, aids power production
You're in the top 90 percentile.

Observation:

Your hip mobility is exceptional, reaching gifted levels and indicating both flexible muscles and a healthy hip. To further enhance this, consider incorporating mobility drills like shin box, elephant walks, and deep squats into your routine. These exercises will help maintain and improve your mobility for continued performance excellence.

Percentile

90



Shoulder Mobility

DISTINCTION

Importance

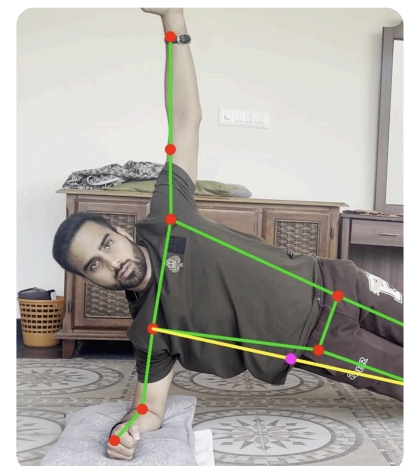
Enables activities like jumping, running, and lifting heavy objects from the ground,
You're in the top 80 percentile.

Observation:

Your shoulder mobility is outstanding, achieving distinction levels, signifying both flexibility and shoulder health. To enhance further, integrate mobility drills like IYT's, shoulder cars, and dowel rotations into your routine. These exercises will sustain and enhance your mobility for ongoing performance excellence.

Percentile

88



Spine Mobility

DISTINCTION

Importance

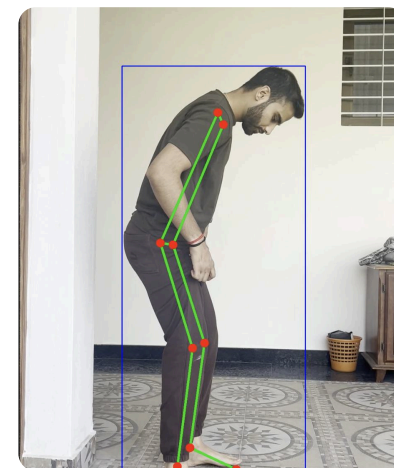
Decreases mobility demands from peripheral skeleton, pain-free ROM
You're in the top 80 percentile.

Observation:

Your spine mobility is exceptional, achieving distinction levels, indicating both flexibility and spine health across cervical, thoracic, and lumbar regions. Maintaining optimal mobility and the natural curvature of the spine is crucial for injury prevention and performance enhancement. To further improve, incorporate mobility drills like cat and cow, windmill rotations, and open/close book exercises into your routine.

Percentile

80



Peripheral Mobility

DISTINCTION

Importance

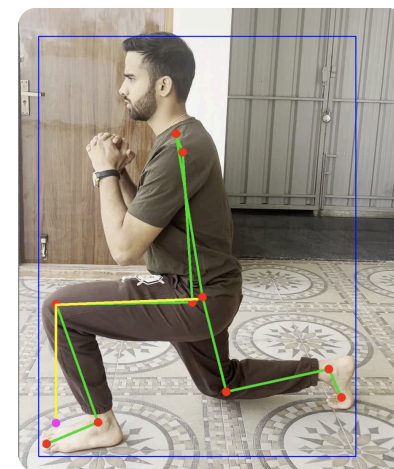
Increases precision in movements, reduced demands from proximal joints
You're in the bottom 80 percentile.

Observation:

Your peripheral mobility is outstanding, reaching distinction levels, showcasing flexibility in areas like wrists, ankles, fingers, and toes. To enhance further, integrate mobility drills such as weight-bearing wrist extensions/flexions and ankle knee-over-toes loaded exercises into your routine. These exercises will sustain and enhance your mobility, ensuring ongoing performance excellence.

Percentile

82



Physical - Mobility - Test



Hip to Shoulder Rotation

112° Degrees

Test your body's rotational mobility, smoothly transitioning from hip to shoulder with grace and fluidity!

Spine Mobility

Shoulder Mobility

Hip Mobility

Percentile

86

Wall Test

12 Cm

Press your ankles to their limits as you assess their mobility against the unyielding wall!

Peripheral Mobility

Percentile

90

Sit & Reach

42 Cm

Put your flexibility to the test as you sit and reach for the stars, aiming to touch your toes with ease!

Spine Mobility

Percentile

82

Back Scratch Test

5 cm

Evaluate your shoulder flexibility by attempting to reach for that elusive spot between your shoulder blades!

Shoulder Mobility

Percentile

87

Expert Feedback



Anand Dheeraj

Former National Silver Medalist
Level 2 Gymnastics Coach
Certified Child Fitness Instructor

Athletic Ability Rating



Based on your physical assessment tests, you've shown proficiency in mobility, strength, speed, and balance, which is commendable. To maintain and further improve these areas, continue your efforts diligently.

However, there are opportunities for growth in endurance and reaction time. To enhance endurance, focus on cardiovascular training with longer durations of running or swimming, prioritizing duration over intensity.

Additionally, incorporate bodyweight exercises like squats, push-ups, and sit-ups for more focusing on repetitions to build muscular endurance. For reaction time improvement, consider drills such as ball drop and shuffle reaction ball exercises.

Consistent practice in these areas will help elevate your overall performance.

Recommendation

Given your strengths in strength, speed, and mobility, you could excel in competitive track and field events, gymnastics, and swimming. Focus on improving your reaction time to enhance your performance even further. Best of luck in your endeavors!

Mental

Participate in the olympiad to create your report

Discipline

Participate in the olympiad to create your report

Nutrition

Participate in the olympiad to create your report

Sport Specific

Participate in the olympiad to create your report