



Jamie Pacheco (Football, 17)

December 2012

April 2013 (4 months)



	January 2013	April 2013 (5 months)
Weight	295 lbs	232 lbs
Power Clean	150 lbs	195 lbs
Back Squat	370 lbs	410 lbs
Bench Press	205 lbs	225 lbs
40 y Dash	5.88 sec	5.65 sec
Pro Agility	5.34 sec	4.89 sec
Broad Jump	6'8"	7'4"