



Torin Keoughan (Football, age 16)

January 2013

July 2013 (6 months)

	January 2013	July 2013 (6 months)
Weight	145 lbs	161 lbs
Power Clean	115 lbs	185 lbs
Back Squat	195 lbs	275 lbs
Bench Press	125 lbs	185 lbs
40 y Dash	5.42 sec	5.08 sec
Pro Agility	5.15 sec	4.78 sec
Broad Jump	7'5"	8'

