

Personal Fitness Level **Chart Key**

ml = millilitres (per kilogram of bodyweight per minute)

sec = seconds

min = minutes

m = meters

c.f = correct form (posture / technique)

deg = degrees

deg/sec = degrees for seconds indicated

% b.w = percent of bodyweight

reps = repetitions

15 sec reps = repetitions in 15 seconds

30 sec reps = repetitions in 30 seconds

- r.h = minus reach height (standing with feet flat, mark as high as your fingertips can reach)

% c.r.r.h = percent of calf raise reach height (standing on the balls of your feet mark as high as your fingertips can reach)

BL = baseline (as low as it is possible to go)



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