

Personal Fitness Level



Level 1 (Population Score: 5%) (Athletic Score: 100%)

Category & Discipline		Criteria		Name:						Start Date:					
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max ml	41	31												
	Shoulder Wall Slide c.f	✓	✓												
	Front Plank min	1.30	1												
	Squat Depth deg/sec	90/10	90/10												
	Body Row Hold min	0.30	0.20												
	Prone Knuckle Hold min	1	0.30												
	BOF Balance min	0.10	0.10												
	Side Plank min	1	0.30												

Category & Discipline				Discipline Score & Date Continuation											
Stability & Cardiopulmonary	Sub Max V02 Max ml	41	31												
	Shoulder Wall Slide c.f	✓	✓												
	Front Plank min	1.30	1												
	Squat Depth deg/sec	90/10	90/10												
	Body Row Hold min	0.30	0.20												
	Prone Knuckle Hold min	1	0.30												
	BOF Balance min	0.10	0.10												
	Side Plank min	1	0.30												

Category & Discipline				Discipline Score & Date Continuation											
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