

Personal Fitness Level Record



Level 2 (Population Score: 3.75%) (Athletic Score: 75%)

Category & Discipline		Criteria		Name:						Start Date:					
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max mg/m	42	32												
	1 Mile Run min	10	12												
	Shoulder Wall Slide c.f	✓	✓												
	Front Plank min	2	1.20												
	Squat Depth deg/sec	90/ 30	90/ 30												
	Body Row Hold min	0.50	0.40												
	Prone Knuckle Hold min	1.30	1												
	BOF Balance min	0.15	0.15												
Side Plank min	1.30	1													

Strength	Dead Lift % b.w	80	60												
	Push Up reps	15	8												
	Squat % b.w	50	30												
	Body Row reps	15	8												
	Sit Up 30 sec reps	20	14												
	Military Press % b.w	40	20												

Category & Discipline				Discipline Score & Date Continuation											
Stability & Cardiopulmonary	Sub Max V02 Max ml	42	32												
	1 Mile Run min	10	12												
	Shoulder Wall Slide c.f	✓	✓												
	Front Plank min	2	1.20												
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Stuart Ford

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