

Personal Fitness Level Record



Level 3 (Population Score: 2.5%) (Athletic Score: 50%)

Category & Discipline		Criteria		Name:						Start Date:					
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max ml	43	33												
	1 Mile Run min	9	11												
	Shoulder Wall Slide c.f	✓	✓												
	Front Plank min	2.30	1.40												
	Squat Depth deg/sec	80/10	80/10												
	Body Row Hold min	1.10	0.50												
	Prone Knuckle Hold min	2	1.20												
	BOF Balance min	0.20	0.20												
	Side Plank min	2	1.20												

Strength	Dead Lift % b.w	100	80												
	Push Up reps	25	16												
	Squat % b.w	65	45												
	Body Row reps	25	16												
	Sit Up 30 sec reps	24	18												
	Military Press % b.w	50	30												
	Pull Up reps	5	1												

Power & Skill	Clean & Jerk % b.w	50	30												
	Pull Up Clean % r.h	60	60												
	Vertical Jump - r.h	50	40												
	Clap Push Up 30 sec reps	10	5												
	2 Leg Long Jump m	2.05	1.55												
	1 Leg Split Jump m	1.7	1.3												

Stuart Ford

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