

Personal Fitness Level **Record**

Level 4 (Population Score: **1.25%**) (Athletic Score: **25%**)

Category & Discipline		Criteria		Name:										Start Date:			
		Select		Discipline Score & Date													
		M	F														
Stability & Cardiopulmonary	Sub Max V02 Max ml	44	34														
	1 Mile Run min	8	10														
	Shoulder Wall Slide c.f	✓	✓														
	Front Plank min	3	2														
	Squat Depth deg/sec	80/ 30	80/ 30														
	Body Row Hold min	1.30	1														
	Prone Knuckle Hold min	2.30	1.40														
	BOF Balance min	0.30	0.30														
	S'Arm Side Plank min	2.30	1.40														
	Hand Stand sec	3															

Strength	Dead Lift % b.w	120	100													
	Push Up reps	35	24													
	Squat % b.w	80	60													
	Body Row reps	35	24													
	Sit Up 30 sec reps	28	22													
	Military Press % b.w	60	40													
	Pull Up reps	8	3													

Power & Skill	Clean & Jerk % b.w	60	40													
	Pull Up Clean % r.h	70	65													
	Vertical Jump - r.h	55	45													
	Clap Push Up 30 sec reps	15	10													
	2 Leg Long Jump m	2.15	1.65													
	1 Leg Split Jump m	1.8	1.4													

S.A.Q	Shark Skill Test sec	9	11													
	Davies Test 15 sec reps	24	20													
	100m Sprint sec	18	19.5													

Stuart Ford
FMAI