

Personal Fitness Level Record



Level 5 (Population Score: **0.5%**) (Athletic Score: **10%**)

Category & Discipline		Criteria		Name:						Start Date:					
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max ml	45	35												
	1 Mile Run min	7	9												
	Shoulder Wall Slide c.f	✓	✓												
	Front Plank min		2.20												
	Squat Depth deg/sec	60/ 10	60/ 10												
	Body Row Hold min		1.10												
	Prone Knuckle Hold min		2												
	BOF Balance min	0.40	0.40												
	S'Arm Side Plank min	3	2												
	1 Leg Pike Squat Deg	90													
	Hand Stand sec	6	3												
	Pike Sit sec	10													
	Planche Tuck sec	10													

Strength	Dead Lift % b.w	140	120												
	Push Up reps	45	32												
	Squat % b.w	95	75												
	Body Row reps	45	32												
	Sit Up 30 sec reps	32	26												
	Military Press % b.w	70	50												
	Pull Up reps	11	6												

Power & Skill	Clean & Jerk % b.w	70	50												
	Pull Up Clean % r.h	80	70												
	Vertical Jump - r.h	60	50												
	Clap Push Up 30 sec reps	20	15												
	2 Leg Long Jump m	2.25	1.75												
	1 Leg Split Jump m	1.9	1.5												

S.A.Q	Shark Skill Test sec	8	10												
	Davies Test 15 sec reps	28	22												
	100m Sprint sec	16	17.5												

Stuart Ford
FMAI