

Personal Fitness Level Record



Level 6 (Population Score: **0.25%**) (Athletic Score: **5%**)

Category & Discipline		Criteria		Name:						Start Date:					
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max ml	46	36												
	1 Mile Run min	6	8												
	Shoulder Wall Slide c.f	✓	✓												
	Squat Depth deg/sec	40/ 10	40/ 10												
	BOF Balance min	0.50	0.50												
	S'Arm Side Plank min	3.30	2.20												
	1 Leg Pike Squat Deg	60	90												
	Hand Stand sec	10	6												
	Pike Sit sec	20	5												
	Planche Tuck sec	20	5												

Strength	Dead Lift % b.w	160	140											
	Push Up reps	55	40											
	Squat % b.w	110	90											
	Body Row reps	55	40											
	Sit Up 30 sec reps	36	30											
	Military Press % b.w	80	60											
	Pull Up reps	14	9											
	Inv' Wall Press reps	1												

Power & Skill	Clean & Jerk % b.w	80	60											
	Pull Up Clean % r.h	90	75											
	Vertical Jump - r.h	65	55											
	Clap Push Up 30 sec reps	35	20											
	2 Leg Long Jump m	2.35	1.85											
	1 Leg Split Jump m	2	1.6											

S.A.Q	Shark Skill Test sec	7	9											
	Davies Test 15 sec reps	30	24											
	100m Sprint sec	14	15.5											

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