

Personal Fitness Level **Record**

Level 7 (Population Score: **0.125%**) (Athletic Score: **2.5%**)

Category & Discipline		Criteria		Name:								Start Date:			
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max ml	47	37												
	1 Mile Run min	5.5	7.7												
	Shoulder Wall Slide c.f	✓	✓												
	Squat Depth deg/sec	BL/10	BL/10												
	BOF Balance min	1	1												
	S'Arm Side Plank min		2.40												
	1 Leg Pike Squat Deg	40	60												
	Hand Stand sec		10												
	Pike Sit sec	30	10												
	Planche Tuck sec	30	10												
	Human Flag Tuck sec	10													

Strength	Dead Lift % b.w	180	160											
	Push Up reps	65	48											
	Squat % b.w	125	105											
	Body Row reps	65	48											
	Sit Up 30 sec reps	40	34											
	Military Press % b.w	90	70											
	Pull Up reps	17	12											
	Inv' Wall Press reps	5	1											
	Hand Stand Press reps	1												

Power & Skill	Clean & Jerk % b.w	90	70											
	Pull Up Clean % r.h	95	80											
	Vertical Jump - r.h	70	60											
	Clap Push Up 30 sec reps	40	25											
	2 Leg Long Jump m	2.45	1.95											
	1 Leg Split Jump m	2.1	1.7											

S.A.Q	Shark Skill Test sec	6	8											
	Davies Test 15 sec reps	32	26											
	100m Sprint sec	13	14.5											

Stuart Ford
FMAI