

Personal Fitness Level Record



Level 8 (Population Score: **0.025%**) (Athletic Score: **0.5%**)

Category & Discipline		Criteria		Name:								Start Date:			
		Select		Discipline Score & Date											
		M	F												
Stability & Cardiopulmonary	Sub Max V02 Max ml	48	38												
	1 Mile Run min	5	7												
	Shoulder Wall Slide c.f	✓	✓												
	Squat Depth deg/sec	BL/30	BL/30												
	BOF Balance min	2	2												
	1 Leg Pike Squat Deg	BL	40												
	Pike Sit sec	40	20												
	Planche Tuck sec		20												
	Planche sec	5													
	Human Flag Tuck sec		5												
Human Flag sec	5														

Strength	Dead Lift % b.w	200	180											
	Push Up reps	75	56											
	Squat % b.w	140	120											
	Body Row reps	75	56											
	Sit Up 30 sec reps	44	38											
	Military Press % b.w	100	80											
	Pull Up reps	20	15											
	Inv' Wall Press reps	10	5											
	Hand Stand Press reps	5	1											

Power & Skill	Clean & Jerk % b.w	100	80											
	Pull Up Clean % r.h	100	85											
	Vertical Jump - r.h	75	65											
	Clap Push Up 30 sec reps	45	30											
	2 Leg Long Jump m	2.55	2.05											
	1 Leg Split Jump m	2.2	1.8											

S.A.Q	Shark Skill Test sec	5	7											
	Davies Test 15 sec reps	34	28											
	100m Sprint sec	12	13.5											

Stuart Ford
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