

6PGP

FITNESS TEST

NAME

CURRENT WEIGHT

10/29/2018

11/30/2018

PUSH-UPS

1 MIN

TIMED

HOLLOW
BODY HOLD

CHEST

PRESS

1 REP MAX

BACK ROW

1 REP MAX

BICEPS

CURL

1 REP MAX

LEG PRESS

1 REP MAX

SQUAT

JUMPS

1 MIN

	10/29/2018	11/30/2018
PUSH-UPS 1 MIN		
TIMED HOLLOW BODY HOLD		
CHEST PRESS 1 REP MAX		
BACK ROW 1 REP MAX		
BICEPS CURL 1 REP MAX		
LEG PRESS 1 REP MAX		
SQUAT JUMPS 1 MIN		

Whether you think you can or you think you can't, you're right



HENRY FORD

