

Sophomore Fitness Results

Start of Year

2-minute Push-ups

Grip Strength

Modified Pull-ups

Reg: ____ Mod: ____ Static: ____ Mod Static: ____

3-minute Burpees

Plank

Jackknife Sit-ups

Burpees ____ Squat Trusts ____

Time: ____

Jackknife ____ Leg Raises ____

Broad Jump

Squat Jumps

Vertical Jump

Sit & Reach

____ inches

Left: ____ Right: ____

Pull-ups

Roman Chair

Leg Press

DB Shoulder Press

lbs. ____ Reps ____

____ Knee Raises ____

lbs. ____ Reps ____

lbs. ____ Reps ____

End of Year

2-minute Push-ups

Grip Strength

Modified Pull-ups

Reg: ____ Mod: ____ Static: ____ Mod Static: ____

3-minute Burpees

Plank

Jackknife Sit-ups

Burpees ____ Squat Trusts ____

Time: ____

Jackknife ____ Leg Raises ____

Broad Jump

Squat Jumps

Vertical Jump

Sit & Reach

____ inches

Left: ____ Right: ____

Pull-ups

Roman Chair

Leg Press

DB Shoulder Press

lbs. ____ Reps ____

____ Knee Raises ____

lbs. ____ Reps ____

lbs. ____ Reps ____

Sophomore Fitness Goals

End-of-Year Goals

2-minute Push-ups

Grip Strength

Modified Pull-ups

Reg: _____ Mod: _____ Static: _____ Mod Static: _____

3-minute Burpees

Plank

Jackknife Sit-ups

Burpees _____ Squat Trusts _____

Time: _____

Jackknife _____ Leg Raises _____

Broad Jump

Squat Jumps

Vertical Jump

Sit & Reach

_____ inches

Left: _____ Right: _____

Pull-ups

Roman Chair

Leg Press

DB Shoulder Press

lbs. _____ Reps _____

_____ Knee Raises _____

lbs. _____ Reps _____

lbs. _____ Reps _____