

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

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Vertical Jump

Sit & Reach

_____ inches _____ _____ Left: _____ Right: _____

Pull-ups

Roman Chair

Leg Press

DB Shoulder Press

lbs. _____ Reps _____ _____ Knee Raises _____ lbs. _____ Reps _____ lbs. _____ Reps _____