Sophomore Fitness Results

Start of Year

2-minute Push-ups

Reg:__ Mod:__ Static:__ Mod Static:__

Grip Strength

Left:___ Right:___

30-Sec One-Leg Sit-to-Stand

Left:___ Right:____

3-minute Burpees

Burpees ____ Squat Trusts ____

Dead Hang

Time:____

Sit & Reach

Left:___ Right:___ Both___

Inches Inches CM

Squat Jumps

____

Broad Jump

____ inches

Vertical Jump

____ cm

Modified Pull-ups

____

Jackknife Sit-ups

Jackknife ____ Leg Raises ____

Max 20 Max 20

End of Year

2-minute Push-ups

Reg:__ Mod:__ Static:__ Mod Static:__

Grip Strength

Left:___ Right:___

30-Sec One-Leg Sit-to-Stand

Left:___ Right:____

3-minute Burpees

Burpees ____ Squat Trusts ____

Dead Hang

Time:____

Sit & Reach

Left:___ Right:___ Both___

Inches Inches CM

Squat Jumps

____

Broad Jump

____ inches

Vertical Jump

____ cm

Modified Pull-ups

____

Jackknife Sit-ups

Jackknife ____ Leg Raises ____

Max 20 Max 20

Sophomore Fitness Goals

2-minute Push-ups

Reg:__ Mod:__ Static:__ Mod Static:__

Grip Strength

Left:___ Right:___

30-Sec One Leg Sit-to-Stand

Left:___ Right:____

3-minute Burpees

Burpees ____ Squat Trusts ____

Dead Hang

Time:____

Sit & Reach

Left:___ Right:___ Both___

Inches Inches CM

Squat Jumps

____

Broad Jump

____ inches

Vertical Jump

____ cm

Modified Pull-ups

____

Jackknife Sit-ups

Jackknife ____ Leg Raises ____

Max 20 Max 20