

	Phat to Fit - Fit Test											
Steve Sturman												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	8:26		:18.70	16		24		33		20		1:19
Angie Wellbom												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	11:34		:21.91	12		11		30		4		:50.73
Amanda Zendejas												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	13:23		:23.03	9		16		23		10		:26.91
Jalissa Stonecipher												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	14:40		:20.02	11		9		14		13		:50.00
Breanna Followell												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	11:52		:22.05	10		19		25		17		:37.0
Annalea Lott												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	15:30		:25.18	10		20		26		24		:47.37
Beverly Mills												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	13:16		:28.34	9		12		23		17		:16.40
Connie Carlson												
	1 Mile Run		Shuttle	Get Ups		Air Squats		Sit Ups		Push Ups		Wall Sits
	12:43		:30.28	9		4		33		31		04:06.3