

Derrick Miskinis							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	15:16	:20.10	10		27		16
Jenipher Dobson							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	11:24	:21.42	12		34		24
Lesley West							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	10:38	:19.01	11		27		26
Harmony Curtis							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	8:55	:20.02	16		25		33
Ann Shirnberg							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	14:29	26:46:00	5		20		0
Jennifer Gomes							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	11:17	:21.04	11		33		33
Brittany Weston							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	14:21	:22.98	11		18		23
Jasmine Bennett							
	1 Mile Run	Shuttle	Get Ups		Air Squats		Sit Ups
	12:26	:23.73	9		21		19

Push Ups		Wall Sits
10		:21.0
Push Ups		Wall Sits
23		:18.50
Push Ups		Wall Sits
24		:56.41
Push Ups		Wall Sits
30		:42.0
Push Ups		Wall Sits
4		:16.84
Push Ups		Wall Sits
25		:49.0
Push Ups		Wall Sits
12		:25.40
Push Ups		Wall Sits
11		:21.06