

Derrick Miskinis							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	15:16	:20.10	10	27	16	10	
SCRATCH							
Jenipher Dobson							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	11:24	:21.42	12	34	24	23	
Test 2 10-29-14	10:49	Scratched	10	36	Scratched	37	
Lesley West							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	10:38	:19.01	11	27	26	24	
Test 2 10-29-14	9:18	Scratched	12	35	Scratched	36	
Harmony Curtis							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	8:55	:20.02	16	25	33	30	
Test 2 10-29-14	8:20	Scratched	16	39	Scratched	44	
Ann Shirnberg							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	14:29	26:46:00	5	20	0	4	
Test 2 10-29-14	14:14	Scratched	6	22	Scratched	15	
Jennifer Gomes							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	11:17	:21.04	11	33	33	25	
Test 2 10-29-14	10:37	Scratched	15	39	Scratched	45	
Brittany Weston							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	14:21	:22.98	11	18	23	12	
Test 2 10-29-14	14:03	Scratched	9	27	Scratched	35	
Jasmine Bennett							
	1 Mile Run	Shuttle	Get Ups	Air Squats	Sit Ups	Push Ups	
TEST 1 9-12-14	12:26	:23.73	9	21	19	11	
Test 2 10-29-14	12:13	Scratched	10	26	Scratched	22	

Wall Sits
:21.0
Wall Sits
:18.50
Scratched
Wall Sits
:56.41
Scratched
Wall Sits
:42.0
Scratched
Wall Sits
:16.84
Scratched
Wall Sits
:49.0
Scratched
Wall Sits
:25.40
Scratched
Wall Sits
:21.06
Scratched