

## Hurricane Strong Test Sheet 2016

Name-

Age-

Goal Weight-

Shirt Size (Adult Sizes)-

Initial Testing-

1.5 mile run time:

1 min Push Up Test:

1 min Sit Up Test:

Pull Up to Fail Test:

40 yard dash time:

40 yard shuttle run time:

Body weight reps Bench Press (if not able to do bodyweight, 3 rep max):

Body weight reps Squat (if not able to do bodyweight, 3 rep max):

Working Weight Bench:

Working Weight Squat:

Final Testing-

1.5 mile run time:

1 min Push Up Test:

1 min Sit Up Test:

Pull Up to Fail Test:

40 yard dash time:

40 yard shuttle run time:

Body weight reps Bench Press (if not able to do bodyweight, 3 rep max):

Body weight reps Squat (if not able to do bodyweight, 3 rep max):