

Boot Camp Fitness Tests August 2011 (Session1&2)

Name	2/1lap	Press Ups	Sit ups /Crunches	Burpees/ star jumps	½ lap test
Fitness Test 1					
Leam	6.56	20	45	21	2.43
Harry A	6.26	40	38	15	2.10
Becky (1lap)	4.22	43	40	29	3.23
Sally	8.40	41	39	21	3.08
Sharon	5.10	44	24	34	3.53
Craig	6.48	50	39	44	2.21
Kristina	7.18	42	36	34	2.41
Sarah	6.48	43	33	33	2.20
Helen	7.30	49	36	28	2.53
Liz	8.47	36	32	24	2.53
Jane	7.20	38	36	28	2.35
Natalie (1 lap)	5.32	38	19	23	4.08
Sue (1 lap)	4.58	40	33	17	3.00
Vicki	8.07	39	30	26	2.54
Fitness Test 2	2/1lap	Press Ups	Sit ups /Crunches	Burpees	½ lap test
Marcus	5.59	101	52	41	2.04
Nick	5.27	52	49	36	1.53
Claire J	6.47	69	54	40	2.21
Craig	5.34	78	51	67	2.07
Tanya	7.45	55	59	44	2.59
Sharon	5.08	48	33	45	inj
Liz	8.18	43	38	32	2.49
Amanda	7.07	60	49	31	2.22
Sally	8.15	46	39	39	3.22
Claire T	7.53	49	36	23	3.00
Jane	7.08	54	46	36	2.23
Delyth	7.33	58	38	32	2.29
Paula	8.33	46	50	40	3.00