Lifeski Academy TESTING PROTOCOL **Date**:__Jun 2_____**Place**: __Twin Lakes HS track_____

Condition:15°C

	General Tests										Specific Tests								
Name	**Bend +/- CM**	**Sit-up 1 min**	**Medicineball Throw 2/3 KG M**			**Standing Jump M**			**Pull-ups**	**60 M S**	**10 x Jump M**			**1500/ 3000 M Min**	**Poles-run 5 – 6 x 400 m Hill Min**				**Double poling 5 – 6 x 1600 Ft Hill Min**			
Jan	**-12**	**49**	7.22	**9.18**	-	2.01	2.06	**2.17**	**14**	**8.6**	24.50	**24.74**	23.47	**5:21.1**								
Anna	**-12**	**49**	6.07	5.80	**6.10**	**1.89**	1.79	1.82	**10**	**9.7**	20.75	20.93	**21.59**	**6:04.2**								
Cooper	**-5**	**43**	6.10	5.59	**6.57**	1.59	1.72	**1.84**	**1**	**9.8**	20.19	20.68	**20.70**	**5:22.6**								
Mya	**+7**	**44**	5.86	6.0	**6.0**	1.76	1.67	**1.83**	**7**	**9.6**	20.80	20.43	**20.95**	**6:34.0**								
Tilson	**-6**	**46**	5.17	**5.42**	4.95	**1.77**	1.70	1.77	**2**	**10.3**	17.38	18.89	**19.33**	**5:18.3**								