

Fitness Testing Results

18-Dec-11

Guys	Pull Ups (rep)	Sit Ups (rep)	Bench Press (rep @ 145lbs)	Body Row (rep)	ERG Test (m in 2min)	ERG Adj Score (based on weight)
Highest	21	106	42	34	660	701.5
Avg	12.1	65.6	22.5	24.3	610.2	651.5
Low	3	27	5	10	576	615.4

Gals	Pull Ups (rep)	Sit Ups (rep)	Bench Press (rep @ 65lbs)	Body Row (rep)	ERG Test (m in 2min)	ERG Adj Score (based on weight)
Highest	7	132	29	31	567	627.5
Avg	1.4	82.4	13.2	14.0	466.1	554.4
Low	0	35	0	6	411	504.7

**Note: that numbers may be adjusted due to incorrect technique and additional submissions.

