

Fitness Testing Results

5-Feb-12

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	22	106	25	41	645	700.3
Avg	14.0	82.3	16.8	26.8	586.6	638.4
Low	6	57	8	15	529	593.3

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	2	154	25	25	492	580.7
Avg	1.0	94.4	19.4	18.2	459.8	542.6
Low	0	60	16	10	439	507

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

