



SCORECARD

Name:

Date:

01. Front Squat

What is your estimated 1 Rep Max Front Squat? (circle one)

< 155/105#



Test 8 RM

< 215/145#



Test 5 RM

225/155# or more



Test 1 RM

Weight Achieved:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK

02. Upper Pull

Variation: (circle one)

Dead Hang - Chin Over Bar Hold - Negatives

Strict Pull Up(s) - Weighted Pull Up

Reps/Weight Achieved:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK

03. Lactic Tolerance

Variation: (write it out - reps and weight)

Time:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK