



SCORECARD

Name:

Date:

01. Deadlift

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

< 255/155#



Test 8 RM

< 305/215#



Test 5 RM

315/225# 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 Push

Variation: (circle one)

Push Up - Press - Strict Handstand Push Up - Press

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. Strength Endurance

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