



SCORECARD

Name:

Date:

01. Squat Endurance

Variation: (circle one)

Tabata Air Squat - DB Split Squat - 20 Rep Back Squat

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

02. Core & Coordination

Jump Rope Variation: (circle one)

Single Unders - Double Unders

Reps Achieved:

Core Strength Endurance: (circle one)

Tabata Sit Ups - Strict Knees to Elbows

Reps Achieved:

If you got 40 unbroken Double Unders and 14 Strict Knees to Elbows in 70 sec test "Annie"

"Annie" Time:

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