POINTS SCALE FOR FITNESS TESTING

PARTICIPATION- 33 POINTS (-10 EACH DAY NOT)

CARDIO- 33 POINTS (5 FOR EACH HOUR)

 OR 4 MURPHS IN A 9 WEEKS

 (7 PTS PER MURPH)

GOALS- LEVEL 1: 33, LEVEL 2: 24, LEVEL 3: 9

INDIVIDUAL BREAKDOWNS:

POWER AND REPS

2 LEVEL 1- 11 PTS

1,,2- 9 PTS

1,3- 7 PTS

2,2- 8 PTS

2,3- 7 PTS

3,3- 3 PTS