



BASELINE ASSESSMENT



	Weight Used	Total Reps Day 1	Total Reps Day 21
<i>BACK SQUATS</i> <i>(2 MINUTES)</i>			
<i>PUSHUPS</i> <i>(1 MINUTE)</i>			
<i>SITUPS</i> <i>(1 MINUTE)</i>			
<i>JERK OR PUSH PRESS</i> <i>(3 MINUTES)</i>			
<i>SNATCH OR HIGH SWING</i> <i>(3 MINUTES)</i>			
<i>LONG CYCLE OR CLEAN & PRESS</i> <i>(3 MINUTES)</i>			
TOTAL REPS:			