

# fitness @ flagstaff


group personal training outdoors


# Record Holders

Fitness tests, while not compulsory, are regularly offered for members.


The results below are a record of the best effort for males and females since the first fitness test in October 2008.


These records are current to Feb 2010


Beep Test	Female	Male
	<b>Hayley R</b>	<b>Steve K</b>
Beep test score:	11.1	13.1


Push Ups	Female	Male
	<b>Sam B</b>	<b>Steve K</b>
Push ups score:	65	85


NOTE: All push ups are completed on toes.

Line Jump	Female	Male
	<b>Hayley R</b>	<b>Darren S Isaac N</b>
Line jump score:	83	76

Hover	Female	Male
	<b>Hayley R Sarah B Frances S Liz T</b>	<b>Paul D Steve K</b>
Max Achievement:		

Ball Pass	Female	Male
	<b>Frances S</b>	<b>Ian J</b>
Ball pass score:	95	93

Flagstaff 400	Female	Male
	<b>Hayley R Sheryl S</b>	<b>Ian J</b>
400m time:	75 sec	63 sec

Balance	Female	Male
	<b>Karen A Breanna S Jenna J</b>	<b>Sarah B Judy H Nikki H</b>
Max Achievement:		<b>Darren S Nathan B</b>