

## Max Out \_\_ Monday/Tuesday May 5/6

	Pushups under 30	Pullups	Hollow Hold	HS hold	Dips	High Jump	Sprint
Sam Ciccone	16	4	15 sec.	39 sec.	*19 w/ heals		3.77
Justin Csizmas					*15 w/ heals		3.96
Khorbin Kern	24	5	52 sec.	30 sec.	5		3.88
Ronnie Koe			30 sec.	43 sec.	*14 w/ heals		3.97
Preston Peters	21	0	1 min. 15 sec.	1 min. 25 sec.	0		3.2
Jake Reid	11	0	18 sec.	47 sec.	*9 w/ heals		3.79
Michael Warning							
Armani Csizmas	24	7	2 min. 51 sec.	2 min. 18 sec.	12		3.79
Christian Jennings	30	5	3 min. 9 sec.	2 min. 12 sec.	12		4.04

\*heals were place on the parallel bars

\*Not all Strength Skills were attempted due to time

\*Boys were not allowed to cheat in any way or the number would not count. For example, "pushups under 30 seconds," their chin must come within 1 inch from the floor each time, all other would not be counted.

\*This chart will be updated about ever 3-4 weeks to keep track of their progress. It is simply a guide and does not take into account if they were sick that day, or were exhausted due to yesterday's exercise. Some numl will be lower in some cases, but does not mean they are getting weaker.

\*\*"Pushups under 30" is how many pushups they did under 30 seconds

\*\*"HS hold" is a handstand held against the wall for balance

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