Self Test Week Week 7 Summer 2008

Name_____

***bring sheet back to school and give to Greg, Matt or Don**

The purpose of this week's lifting is so you will know where you are at during this stage of your training, and also to have comperative numbers to use when you start training next week. You can do this in one day, or spread it out for the entire week if you choose a few each day. Strive for perfect form on all lifts.

1. Bench Press	**1-3 rep max _____**
2. Power or Hang Clean (perfect form)	**1-3 rep max _____**
3. Pull-ups (body weight)	**max reps _____**
Or, if you can't do body weight pull-ups...	
3a. Pull-ups (# on assist machine)	**4-6 rep max # _____ reps_____**
5. Squats (barbell) (perfect form)	**1-3 rep max _____**
6. Weighted V-ups (men-15lb./women-9lb)	**max reps _____**
and	
Bicycles (touch elbow to opposite knee/floor)	**max reps _____**
7. Standing Pro Press	**4-5 rep max _____**
8. Sit and Reach (if available)	**_____ inches**
9. Weight	**_____lbs.**
10. Running Test (check if completed)(see week 10)	**_____**