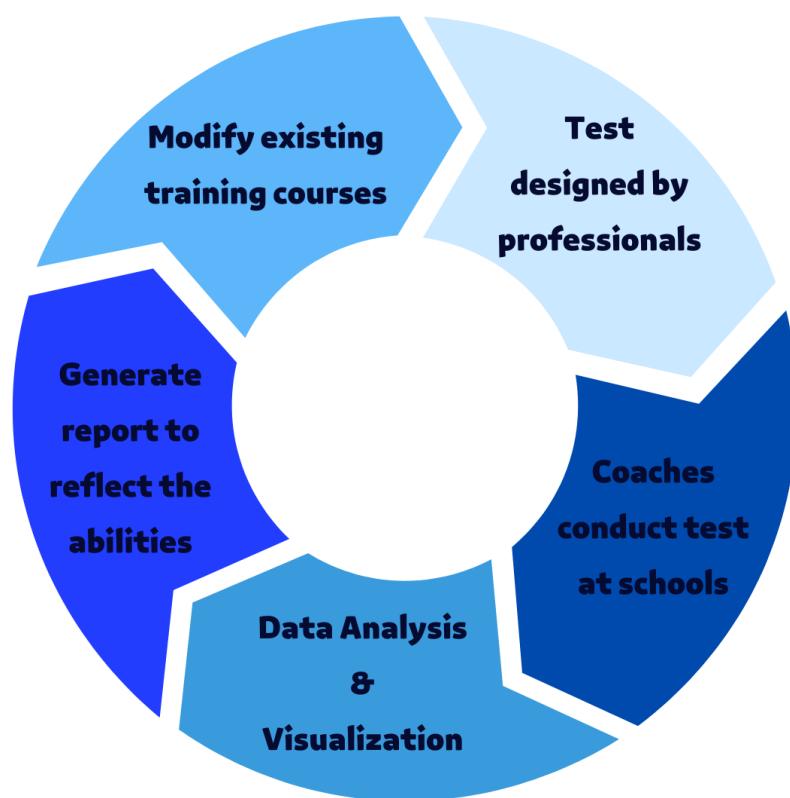


# AISG Report

## Introduction

## Objective

This report indicates the athletic ability of the individual through a series of tests approved by authorities. It aims at identifying the strength and weakness in terms of a range of physical fitness parameters including agility, muscular endurance, flexibility, speed and power with regards to the performance of the same age of students. The result would be further compared with the performance of participants within the same age group. Ultimately, outstanding test-takers would be advised to receive professional training and thus contribute to the athletic development of Hong Kong. On top of that, this paper also reflects the potential of the individual in case of specialization in order to enable trainers and coaches to offer tailor-made courses and modify existing training practices.



## What is Football

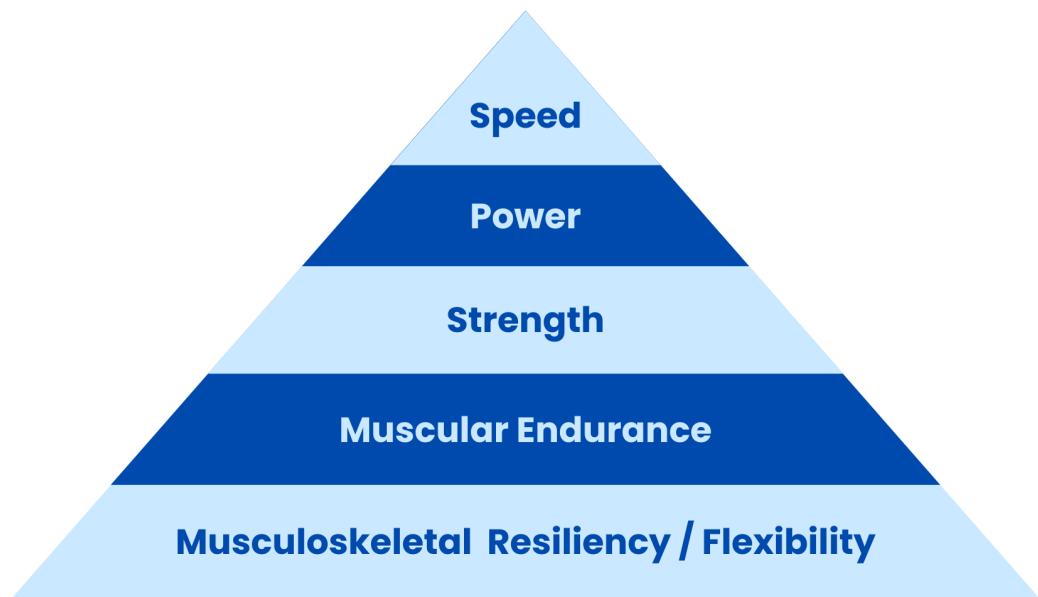
There are eight fundamental technical skills for a football player, namely

- 1) passing and receiving,
- 2) shooting,
- 3) decision making,
- 4) dribbling,
- 5) heading,
- 6) touch and ball control,
- 7) skills and tricks, and
- 8) running off the ball

Particularly, the body control technique is highly related to

- 1) musculoskeletal flexibility,
- 2) muscular strength and endurance, and
- 3) agility of the player.

### The Fitness Pyramid

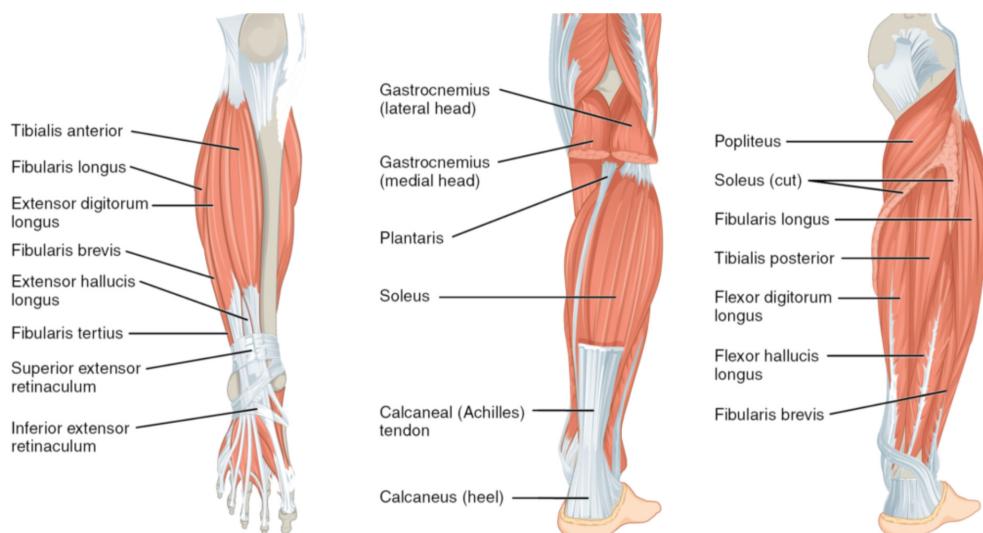


# Athletic Abilities Accessed

## Muscular Strength and Endurance

Muscular strength refers to the ability of a muscle to provide maximum force in one single contraction, while muscular endurance refers to the sustained ability of a muscle to perform repetitive muscle contractions at submaximal intensity (submaximal). Muscular strength and endurance are highly correlated to health.

Good muscular strength and endurance are essential in maintaining and elevating the quality of bones and reducing the possibility of suffering Osteoporosis. Meanwhile, muscular strength and endurance can also effectively enhance muscle quality, increase the rate of metabolism. For individuals with good muscular strength and endurance, muscles are less prone to fatigue during activity and can also prevent muscle strains or cramps. Muscle strength and endurance tests are specific and related to the muscle group being tested, the type of muscle contraction, the speed of contraction, and the range of motion.



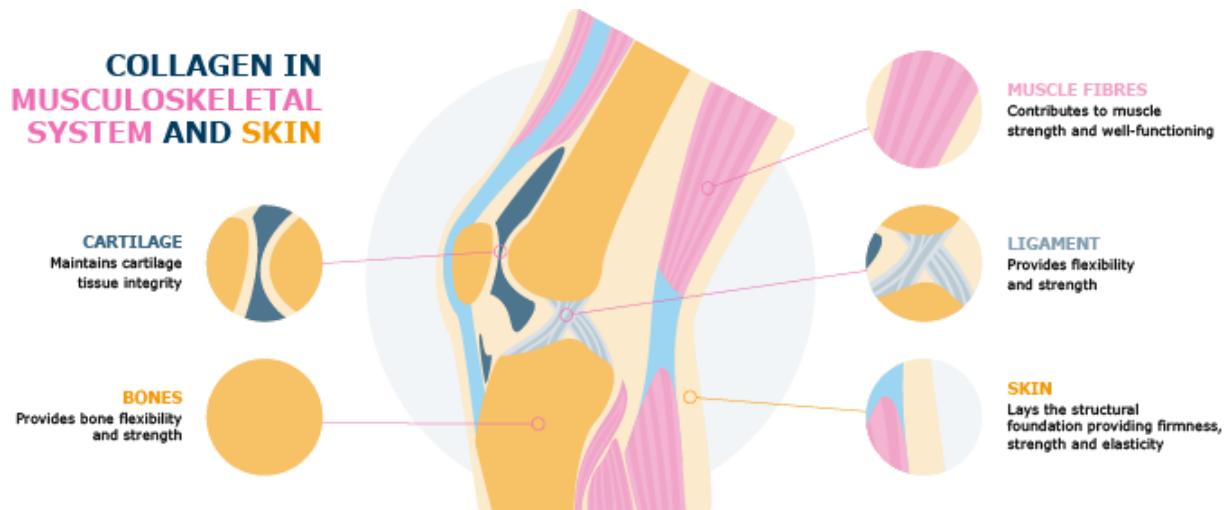
Therefore, each test can reflect the results of the muscle groups subject to the test, and no single test can fully evaluate the strength and endurance of the entire body. To obtain reliable muscle test data, it is necessary to pay attention to the followings:

- a) Correct and rigorous body posture,
- b) Consistent muscle activity speed,
- c) The presence of an inspector,
- d) The subject is familiar with the equipment to be used for the test,
- e) Have a proper warm-up exercise.

## Musculoskeletal Flexibility

Musculoskeletal flexibility is defined as the maximum range of motion (ROM). It is directly attributed to the structure of the joint and degree of motion of the muscles surrounding the joints. Muscle joint stiffness would affect the agility of daily activities, and is a major reason for muscle and joint injury. For instance, the difference in flexibility of lower back and gluteus maximus would likely cause back pain.

Similar to muscle strength and endurance, musculoskeletal flexibility is within a specific range and is subject to the body part. The influence of flexibility on vertical jump ability, balance and speed appears to exist. Higher flexibility would help players more likely to attain optimum performance. A slightly longer reach could help a receiver snag a high pass. More flexible hips and hamstrings could mean evading an opponent's tackle.

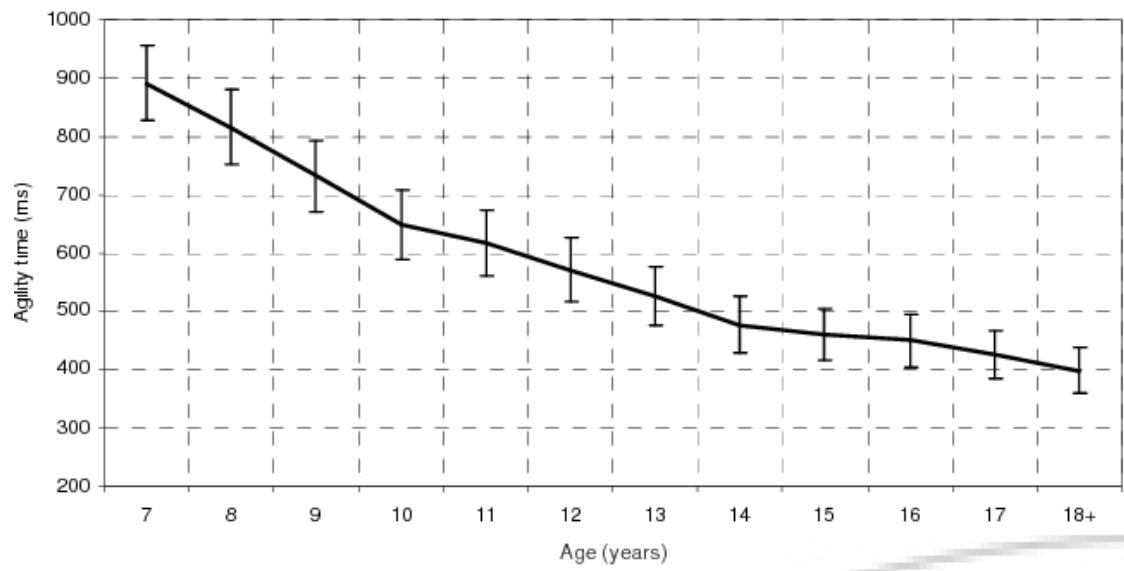


## Agility

Agility refers to the ability to efficiently change direction during a movement without losing the balance to ensure a fluid movement, which is essential for the sports requiring a sudden stop or change of direction. Players are required to take prompt action upon the direction of the ball.

For instance, a winger who can quickly get behind a defender by changing directions on the fly is regarded as an agile player.

The agility drills for football will help improve speed, strength, power and acceleration within the team.



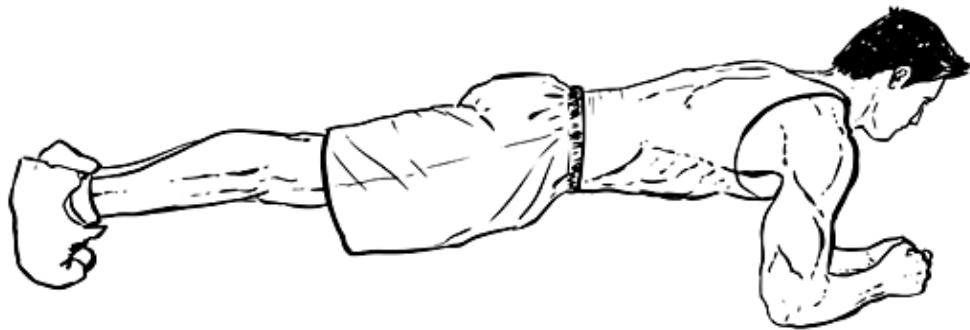
## Methodologies

### Plank Knee to Elbow

#### Description

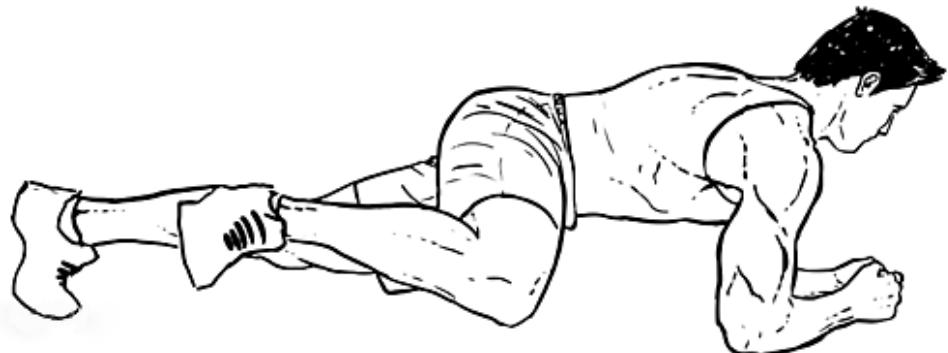
The purpose of this test is to assess the abdominal core strength of the individual.

To conduct the test, a non-slip surface is required. The candidate is required to hold an elevated position with the upper body supported off the ground by the elbows and forearms, and legs straight with the weight taken by the toes. The hip is lifted off the floor such that a straight line is depicted from head to toe. This is the starting position of the test.



When the subject is in the correct position, the candidate should place the hands on the floor at the sides, with the knees bent and feet on the floor.

Raise the feet off the ground and bring the knees towards the chest. Straighten the legs out in front of the body and then move back to the chest. The feet should not be touching the floor during the process. This is regarded as a complete cycle. Repeat the movement until exhaustion and record the number of successful attempts.

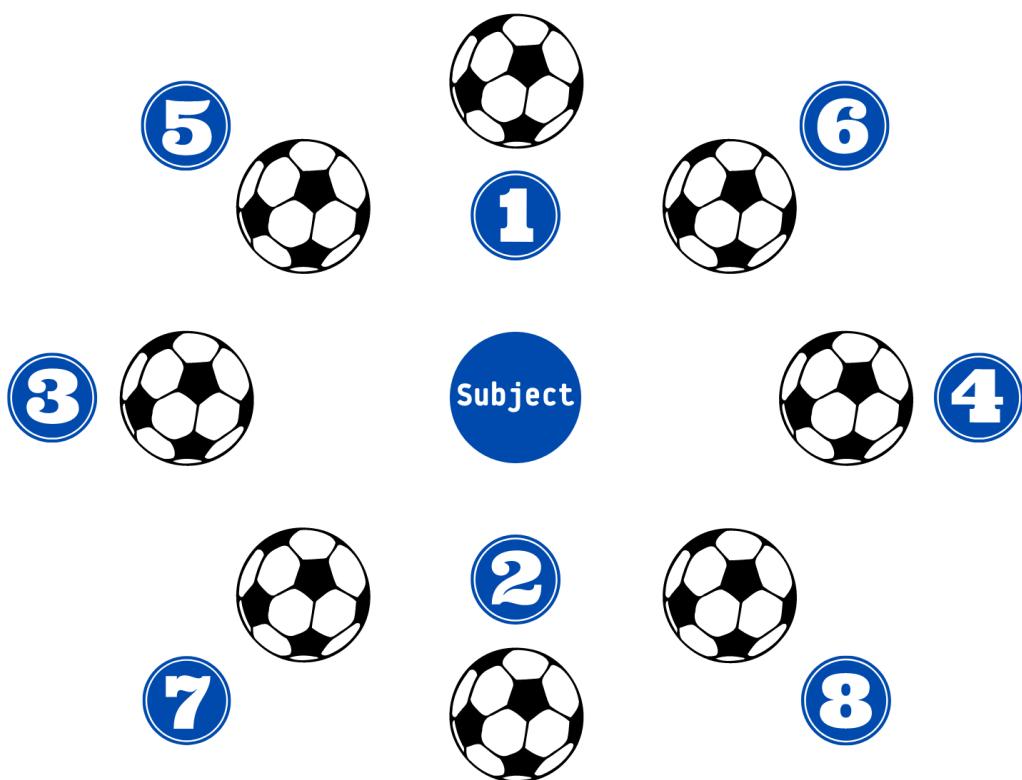


## Out-and-backs

### Description

The purpose of this test is to assess the agility of the individual.

To conduct the test, a stopwatch and eight footballs are required. The footballs would be placed at eight distinct directions of the subject. The candidate should follow the sequence to run to the specific football and then return to the original position.



It is a progression run where the effort and pace increases during the second half of the run. The goal is to negatively-split the session in which the participant runs out to a point and returns at a higher pace back to the original point. The time for completing the eight cycles would be recorded.

## Step Test

### Description

The purpose of this test is to measure the musculoskeletal flexibility of the candidate.

To conduct the test, a stopwatch and a football is required. The football would be placed in front of the subject.

The aerobic fitness test requires stepping up and down, on and off an aerobics-type step for three consecutive minutes. It requires weight-shift and movement in the single-leg stance without losing the balance.



## Data Exploration / Analysis

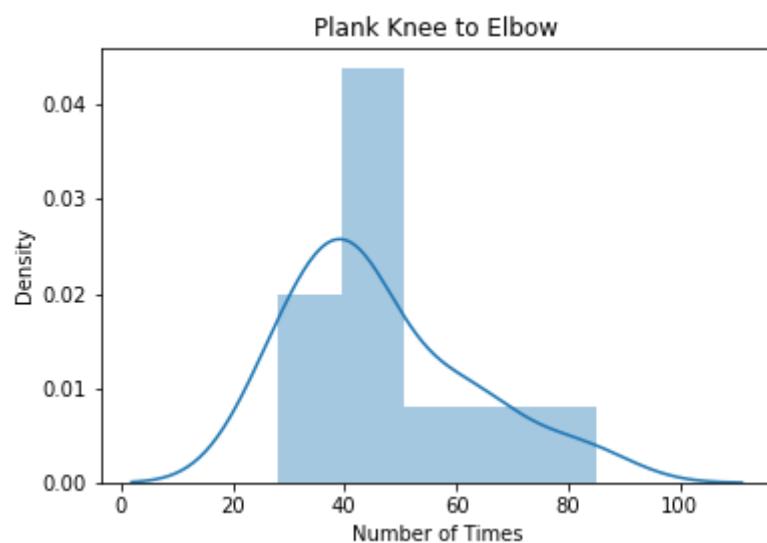
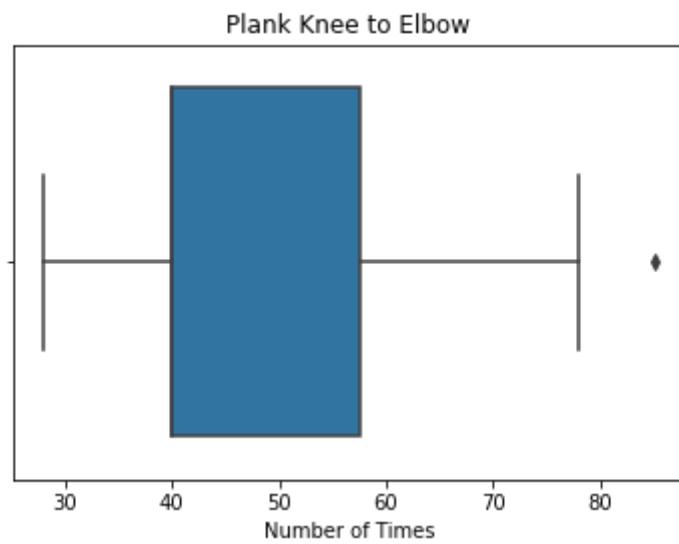
This section would be demonstrating the data exploration and analysis conducted on the dataset and would be showing the findings from the data collected.

The main focus in this section would be data exploration. Limited analysis could be done and no conclusion could be drawn due to the limited amount of data. More analysis could be done when sufficient supplementary data is provided, with a conclusion supported by deep analysis.

The sample size is 22 for all the 3 tests. There is 1 missing data for each test and each of them is replaced by the mean of the remaining 21 data instead of dropping out due to the limited sample size.

The distribution of the result for each test would be illustrated with a box plot and a histogram combined with a distribution density curve generated by kernel density estimation. The box plot is used to illustrate the outliers and inter-quarter range of the data distribution. The density curve is only used as a reference for a clearer display of the data distribution and the accuracy of the actual distribution is not guaranteed due to the limited number of data collected.

## Plank Knee to Elbow



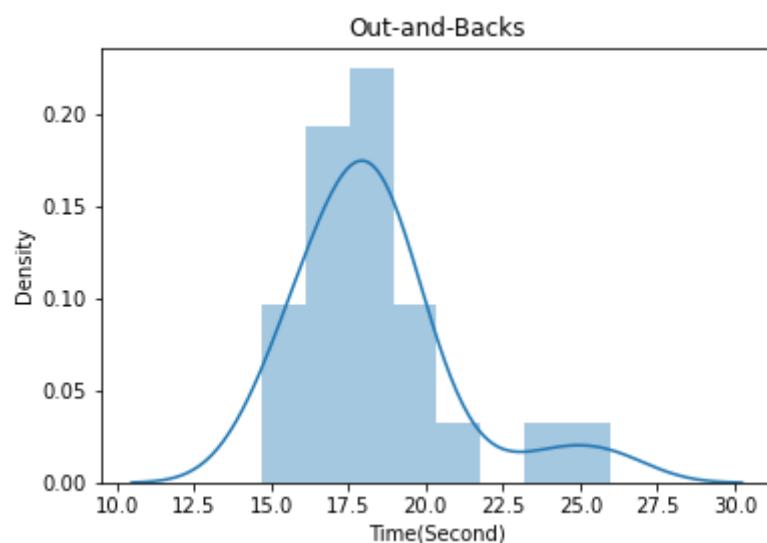
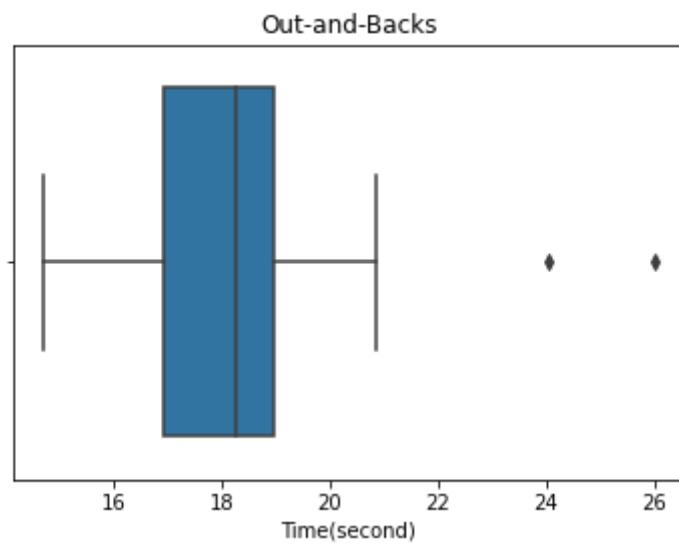
Mean: 46.45

Standard Deviation: 16.11

Median: 40

The distribution of the result from Plank Knee to Elbow is shown above. From the box plot, it shows that there is only 1 outlier in this set of data. The distribution curve is positively skewed, which means that most of the data is concentrated on the left side. As it is unimodal and positively skewed, the mean is higher than the median. This means that certain students are performing exceptionally well in the test.

## Out-and-Backs



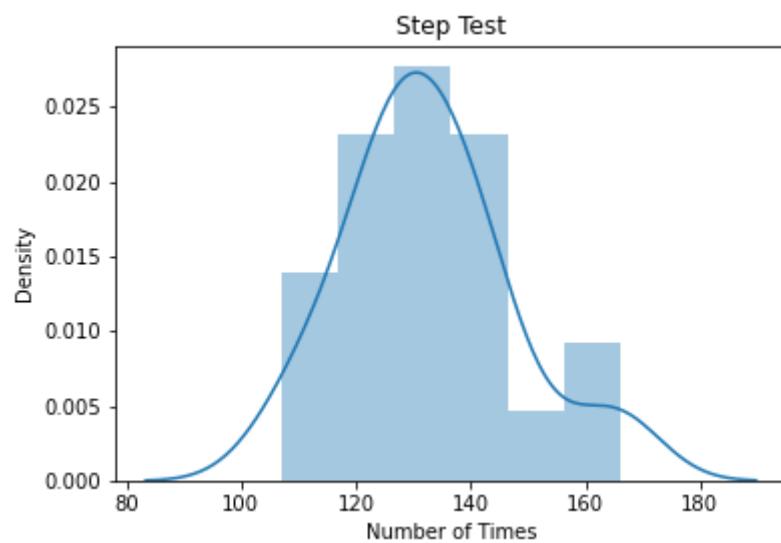
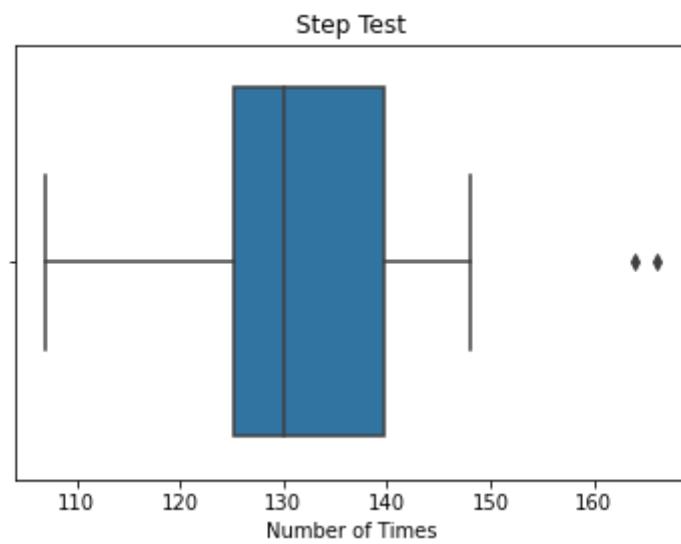
Mean: 18.37

Standard Deviation: 2.62

Median: 18.28

The distribution of the result from Out-and-Backs is shown above. The box plot shows that there are 2 outliers in total. The distribution curve is positively skewed, meaning that most of the data is concentrated on the left side. The curve is bimodal with the main peak on the left side. The main peak roughly follows the normal distribution with a negative excess kurtosis, which shows that the performance of the majority of the students is concentrated towards the peak of the normal distribution part of the curve. There is a second peak on the right. This means that a certain group of students is performing much better than the majority in this test.

## Step Test



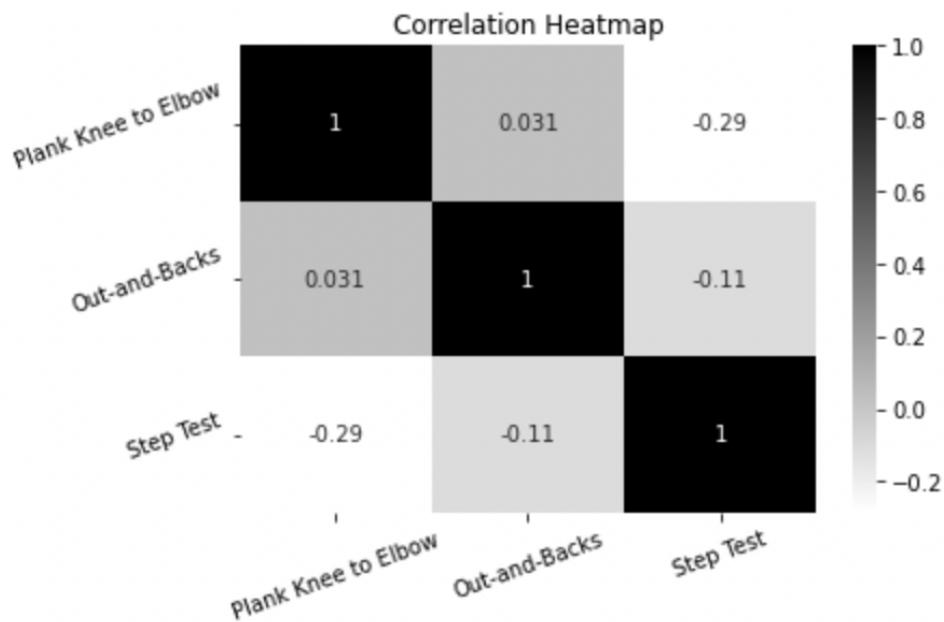
Mean: 132.64

Standard Deviation: 14.64

Median: 130

The distribution of the result from Step Test is shown above. The box plot shows that there are 2 outliers, which could be omitted if more data is collected. The distribution curve is positively skewed but close to zero, meaning that most of the data tends to lie on the left side but the overall distribution is relatively balanced. The curve is bimodal with the main peak on the left side. The main peak roughly follows the normal distribution with a negative excess kurtosis, which shows that the performance of the majority of the students is concentrated towards the peak of the normal distribution part of the curve. There is a second peak on the right. This means that a certain group of students is performing much better than the majority in this test.

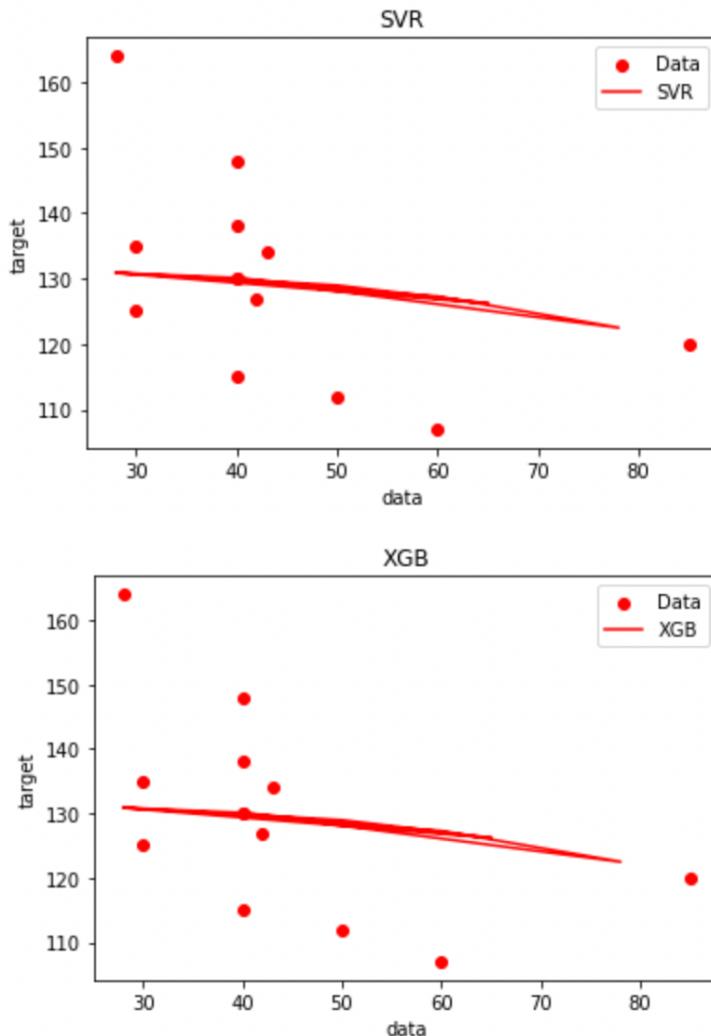
## Correlation



The correlation heatmap for the 3 tests conducted is shown above. The diagonal represents the Pearson correlation between each test and itself and therefore would always be 1. For the 3 tests, only the Plank Knee to Elbow and Step Test demonstrate a weak negative correlation. This means that students tend to perform better on Plank Knee to Elbow when performing worse on Step Test and vice versa. However, such a relation is not that obvious. For the remaining 2 combinations, they are barely correlated to each other. Nonetheless, no conclusion should be drawn from the correlation heatmap as the sample size is too small and such correlation could be a coincidence. More data should be collected and be analyzed before drawing a conclusion on the correlation between the tests.

## Model Building

### Regression

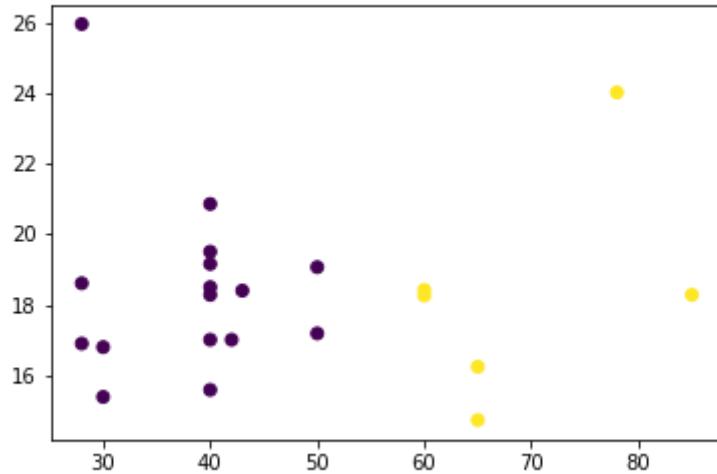


In the view of possible correlation between Plank Knee to Elbow and Step Test, models were attempted to build.

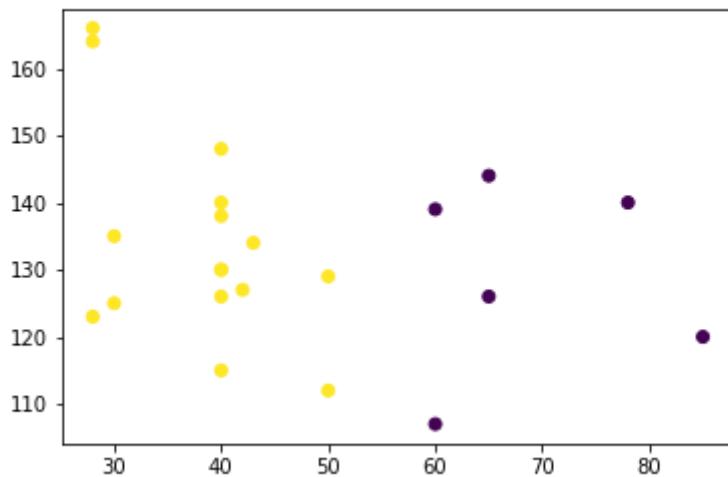
Since the scatter plot for both tests show no obvious patterns. Other regression models instead of linear regression models are used. With the same set of training and test data, 2 models offer highly similar predictions as illustrated by the graphs above. However, the models trained cannot predict the results of Step Test from Plank Knee to Elbow accurately. It is expected that the accuracy of the models can be improved by collecting more data and using more data to train the model.

## Clustering

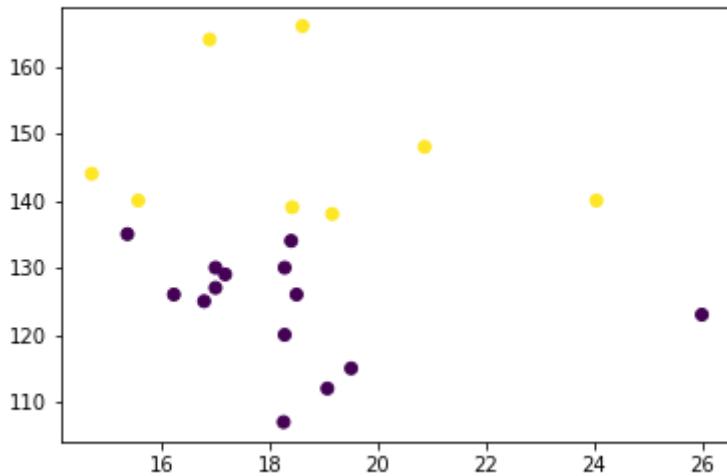
**Plank Knee to Elbow vs Out-and-backs**



**Plank Knee to Elbow vs Step Test**



### Out-and-backs vs Step Test



As the regression models are not working well, clustering is also attempted. Data are divided into combinations of 2 to perform clustering in order to distinguish students into 2 groups that might perform better in football vs mediocre performance in football from the test results. The graphs from the top to bottom are Plank Knee to Elbow vs Out-and-backs, Plank Knee to Elbow vs Step Test and Out-and-backs vs Step Test.

Although the data can be split into 2 groups successfully, there is insufficient data to accurately identify the features that can distinguish students' performance in football. It is suggested that more tests should be conducted and the sample size should be increased as well to allow a more complete analysis with clustering.

In addition, a more reliable result on whether a student would potentially have a good performance in football could be provided after gathering norms from football athletes as labeled data and performing classification based on the norms.

## Conclusion

In spite of having the findings from the analysis above, more data is needed to have a more solid conclusion.

As aforesaid, there are eight fundamental technical skills for being a professional football player, including passing and receiving, shooting, decision making, dribbling, heading, touch and ball control, skills and tricks and running off the ball. These eight skills primarily required three abilities, musculoskeletal flexibility, muscular strength and endurance and agility. To improve the skills and performance of these three athletic abilities, below are some suggested exercises that students could practice.

The table below shows the overall performance of the students. Results that score a standard score higher than 1 are highlighted with green, results that have a standard score lower than -1 are highlighted with red and the remaining are highlighted with orange.

In view of establishing a more reliable model, increasing the sample size is of paramount importance. Collecting samples from a greater batch of students would enable enhancing the accuracy and reliability of the model.

| Student ID | Class | Class No. | Name | 平板扭腳上手跔 | 四方扭球  | 原地踏球 |
|------------|-------|-----------|------|---------|-------|------|
| S01        | 2A    | 08        | 鄒子鋒  | 85      | 18.28 | 120  |
| S02        | 2A    | 21        | 李柏仁  | 40      | 15.57 | 140  |
| S03        | 4A    | 33        | 阮渝軒  | 60      | 18.42 | 139  |
| S04        | 2C    | 16        | 伍宏希  | 40      | 0     | 130  |
| S05        | 4A    | 08        | 葉天朗  | 28      | 18.61 | 166  |
| S06        | 4A    | 13        | 李展熙  | 40      | 20.87 | 148  |
| S07        | 2D    | 19        | 蕭籽軒  | 40      | 19.51 | 115  |
| S08        | 2A    | 23        | 龍立珩  | 30      | 15.37 | 135  |
| S09        | 2B    | 26        | 曾舜杰  | 50      | 19.07 | 112  |
| S10        | 2C    | 5         | 周天樂  | 40      | 17    | 0    |
| S11        | 1D    | 24        | 黃耀羲  | 65      | 16.23 | 126  |
| S12        | 2A    | 33        | 葉鎧敵  | 65      | 14.71 | 144  |
| S13        | 2C    | 20        | 徐文博  | 60      | 18.26 | 107  |
| S14        | 2C    | 12        | 盧衍希  | 50      | 17.18 | 129  |
| S15        | 3B    | 05        | 張禹軒  | 30      | 16.79 | 125  |
| S16        | 3B    | 19        | 吳子維  | 43      | 18.40 | 134  |
| S17        | 3A    | 01        | 陳澤衛  | 78      | 24.05 | 140  |
| S18        | 3A    | 12        | 賴己由  | 40      | 18.50 | 126  |
| S19        | 3A    | 15        | 梁俊希  | 28      | 26.00 | 123  |
| S20        | 3B    | 28        | 黃嘉煒  | 42      | 17.00 | 127  |
| S21        | 4A    | 19        | 單俊賢  | 28      | 16.89 | 164  |
| S22        | NA    | NA        | 梁曉明  | 0       | 19.16 | 138  |

## Appendix

### Recommendation

#### Musculoskeletal Flexibility Enhancement Exercises

##### 1) Forward Lunges

Kneel on the left leg, placing the right leg forward at a right angle. Lunge forward, keeping the back straight. Stretch should be felt on the left groin. Hold for five seconds. Repeat three to six times. Repeat on the opposite leg.



##### 2) Side Lunges

Stand with legs apart, bending the left knee while leaning toward the left. Keep the back straight and the right leg straight. Hold for five seconds. Repeat three to six times. Repeat on the opposite leg.



### 3) Cross-over

Stand with legs crossed, keeping the feet close together and the legs straight. Try to touch the toes. Hold for five seconds. Repeat three to six times. Repeat with the opposite leg.



### 4) Standing Quad Stretch

Stand supported by holding onto a wall or chair. Pull the foot behind to the buttocks. Try to keep your knees close together. Hold for five seconds. Repeat three to six times.



### 5) Seat Straddle Lotus

Sit down, placing the soles of the feet together and drop the knees toward the floor. Place the forearms on the inside of the knees and push the knees toward the ground. Lean forward from the hips. Hold for five seconds. Repeat three to six times.



### 6) Seat Side Straddle

Sit with legs spread, placing both hands on the same shin or ankle. Bring the chin toward the knee, keeping the leg straight. Hold for five seconds. Repeat three to six times. Repeat exercise on the opposite leg.



### 7) Seat Stretch

Sit with the legs together, feet flexed, and hands on the shins or ankles. Bring the chin toward the knees. Hold for five seconds. Repeat three to six times.



### 8) Knees to Chest

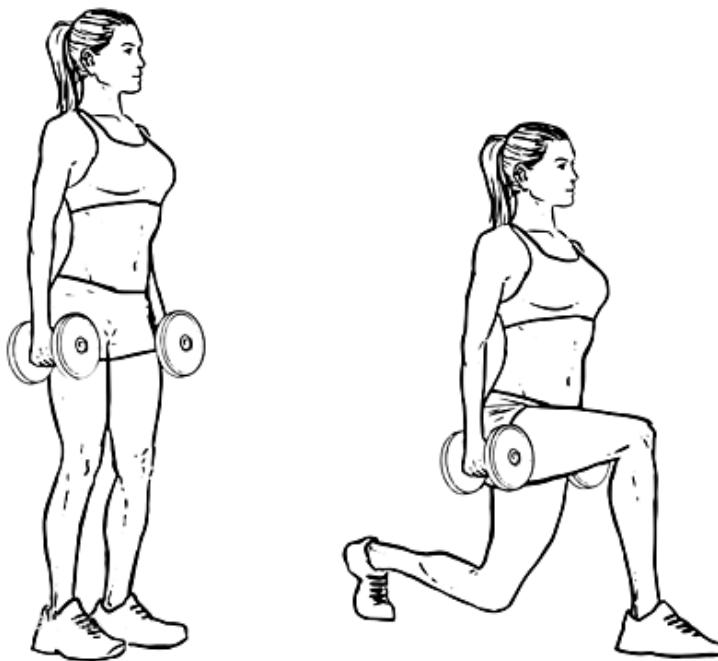
Lie on the back with knees bent. Grasp the tops of knees and bring them out toward the armpits, rocking gently. Hold for five seconds. Repeat three to five times.



## Muscular strength and endurance enhancement exercises

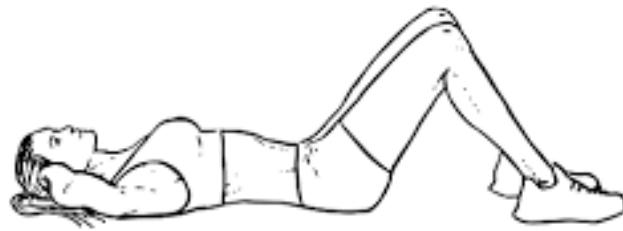
### 1) Walking lunges

Stand upright with your feet shoulder-width apart. With your right leg, take a large step forward, then lower your body down so that your back knee either touches or comes close to touching the ground. Push down through your front foot and stand back up. Repeat the same motion with your left leg. Perform 2–4 sets of 30 lunges (15 on each leg, per set).



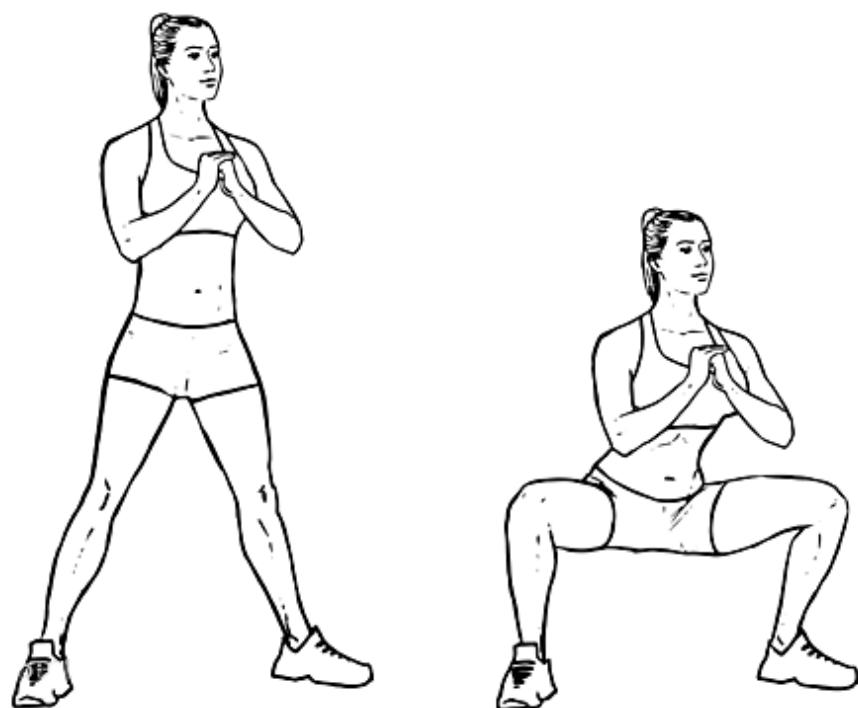
### 2) Crunches

Start by lying flat on your back, with your legs bent and your feet flat on the ground. Place your hands lightly behind your head to support your neck, with your elbows out to the sides. Engage your abs and curl your torso up, lifting your upper back and shoulders off the ground. Keep your elbows out to the sides rather than curling them around your head. Resist the urge to use momentum, rather than your muscles, to bring your body up. Keep a golf-ball-sized space between your chin and chest. Guide your body down in a controlled motion to maximize your muscle use. Perform 5 sets of 25 reps.



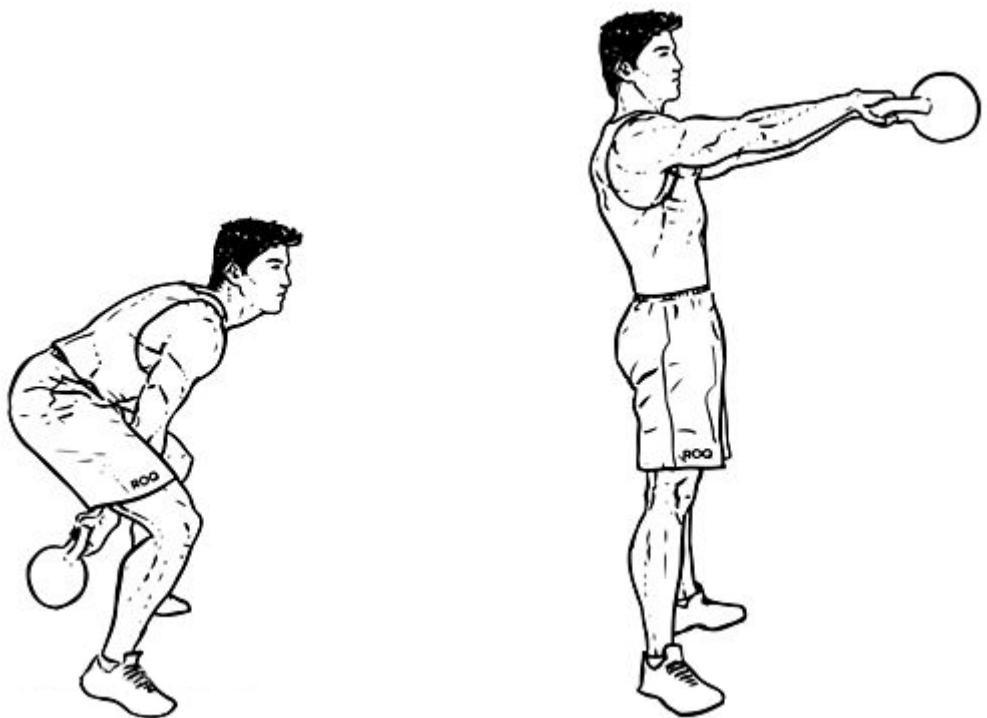
### 3) Body weight squats

Start by standing upright with your feet placed apart in a position slightly wider than shoulder-width, with your toes pointed straight ahead. Bend your legs and sit back until your buttocks reach the height of your knees. Your thighs should be close to parallel with the floor, and your knees should track over your toes. Push yourself upright, squeezing through your glutes on the way up. Perform 2–4 sets of 25 reps. Adjust this rep number if you feel you can do more at the end of each set.



#### 4) Kettlebell Swing

Start with the kettlebell on the floor slightly in front of you and between your feet, which should be shoulder-width apart. Bending slightly at the knees but hinging mainly at the hips, grasp the kettlebell and pull it back between your legs to create momentum. Drive your hips forwards and straighten your back to send the kettlebell up to shoulder height. Let the bell return back between your legs and repeat the move.



## Agility enhancement exercises

### 1) Lateral Plyometric Jumps

With feet no more than hip-width apart, bend your knees to squat straight down. Keep your weight on your heels. Shift weight from heels to toes as you begin your jump, quickly push upward and sideways toward the other side of the line. Land softly and absorb the shock by squatting deeply. Repeat jumping back and forth over the line while keeping your shoulders and hips square and facing forward. You can vary your landing so that you land and rebound on both feet at once, or land on one foot first and rebound with a short double-step. Perform for 30- to 60-second intervals. In a workout, rest for 60 to 90 seconds, then repeat for three sets. Or, add them to a circuit training routine.

### 2) Dot Drills

**X Drill** - Start with feet split, one foot on dot 1 and one on dot 2. Jump to dot 3 with both feet, then to dots 4 and 5 with feet split. Repeat the steps jumping backward.

**X Drill Hopscotch** - Start with feet split, one foot on dot 1 and one on dot 2. Jump to dot 3 with ONE foot, then split feet to dots 4 and 5. Repeat jumping backward with the same or alternate foot landing in the middle.

**X Drill with Turn Around** - This is the same as the X Drill or X Drill Hopscotch except that when you get to the top or bottom, you turn your body around to go in the other direction.

**Z Drill** - Form a Z pattern (4-5-3-1-2) using one leg or both feet together.

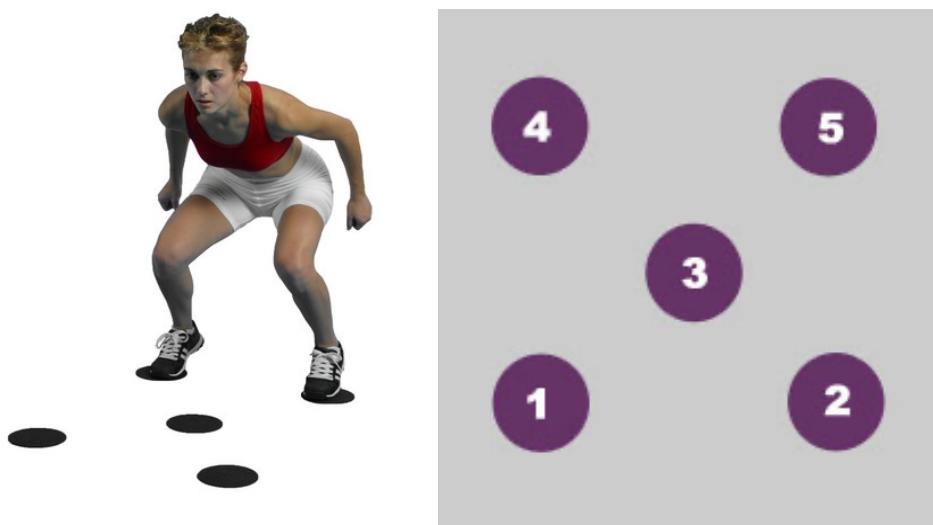
**M Drill** - Form an M pattern (4-5-3-2-1) using one leg or both feet together.

**Figure 8 Drill** - Form a figure eight (4-5-3-1-2-3-4) down and back, keeping feet together or on one foot only.

**Big Arrow, Little Arrow** - Keep feet together, start at 1 and jump diagonally to 5, then back to 1. Now jump 1-4-1, 1-3-1, 1-2-1. Start over with the big diagonal jump.

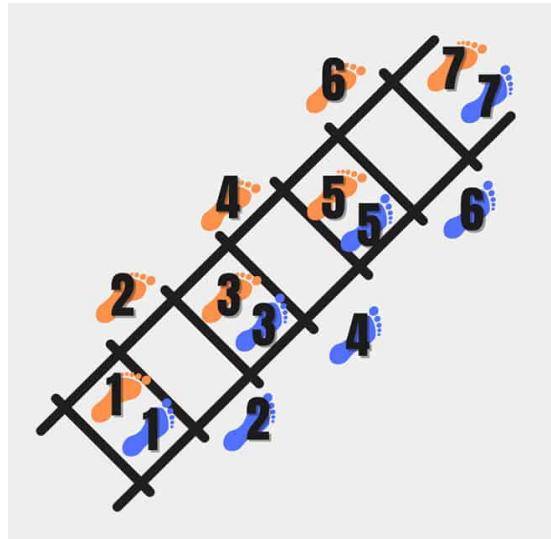
**Box Drill** - Keep feet together and hop the perimeter of the square (1-4-5-2-1), facing the same direction at all times.

**Single-leg Triangle** - Hop on your left leg to form a triangle in a counterclockwise direction (2-3-1-2). Make five triangles then switch legs and make five triangles. Repeat the drill moving in a clockwise direction (1-3-2-1).



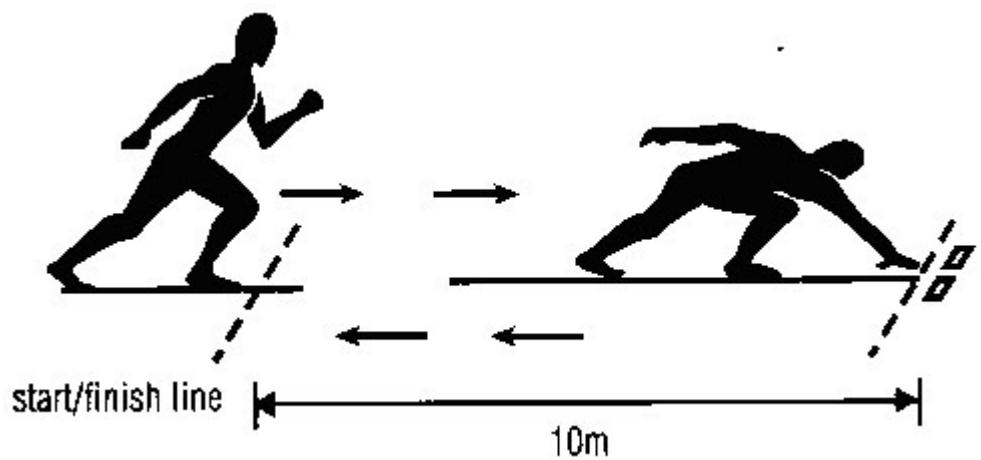
### 3) Plyometric Agility Drill

Set up several small agility hurdles, placing about 2 feet between each hurdle. Start with your legs shoulder-width apart. Begin to jump upward and forward, clearing each hurdle. Be sure to land lightly on the balls of your feet. Upon landing, immediately jump again, driving forward with your arms. Repeat several repetitions. Repeat the drill on only the right foot and then only the left foot.



#### 4) Shuttle Runs

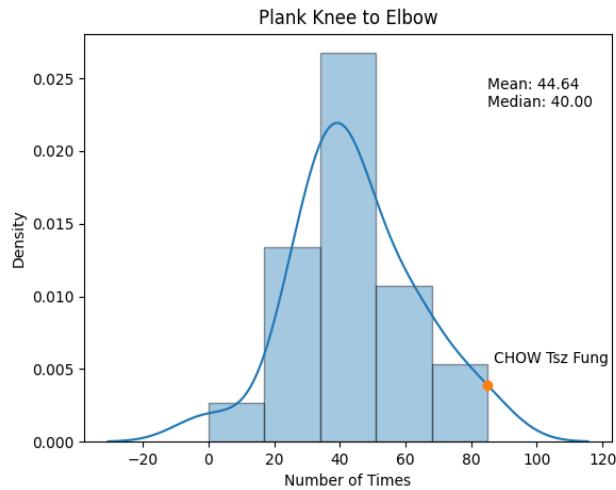
Set up markers such as cones about 25 yards apart. Make sure you are warmed up; consider adding this drill to the end of a brisk jog. Sprint from one marker to the other and back. That is 1 repetition. Do 6 repetitions as fast as you can (300 yards total). Time your result for the entire 6 repetitions. Rest for 5 minutes. Repeat the drill. Add the times for each run together and divide by two to find the average time. Record this time. You can use this shuttle run test score monthly to monitor your progress over a period of time.



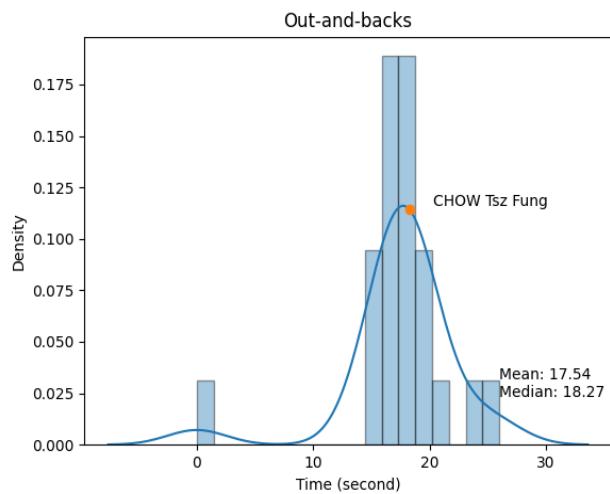
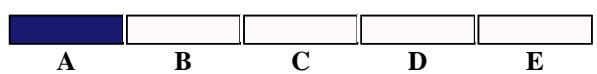
**Name:** CHOW Tsz Fung

**Class:** 2A

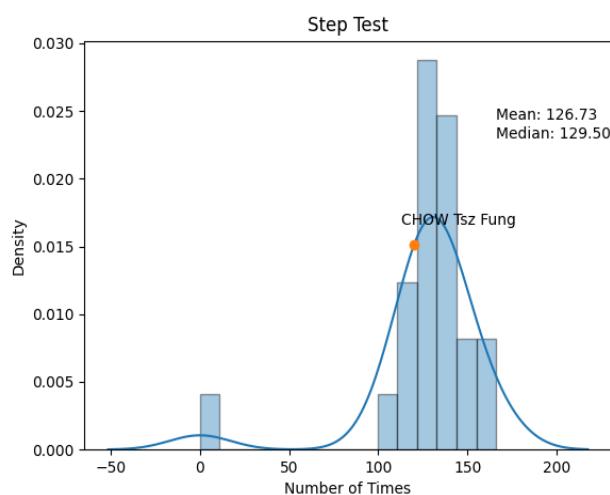
**Class Number:** 8



**Rank:** 1/22



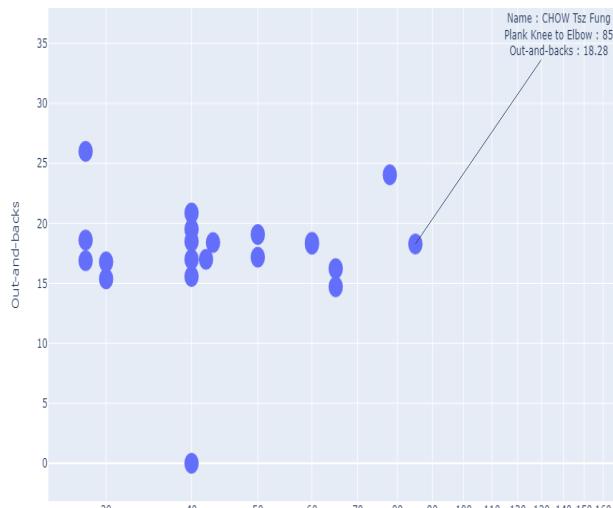
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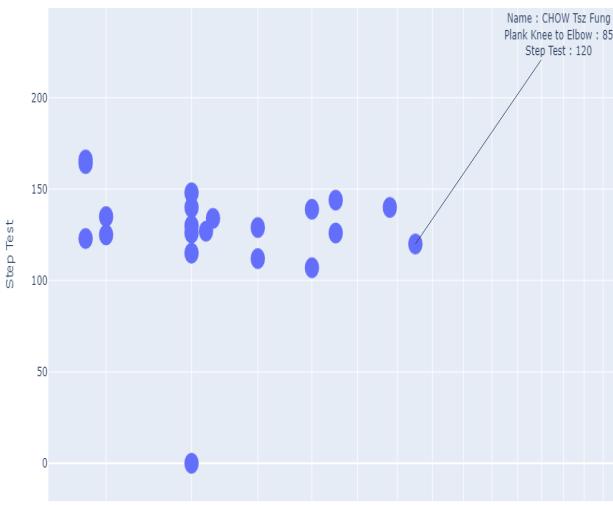
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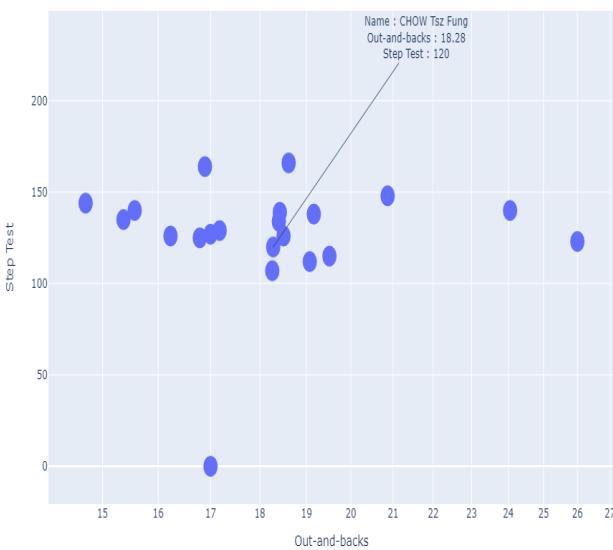
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



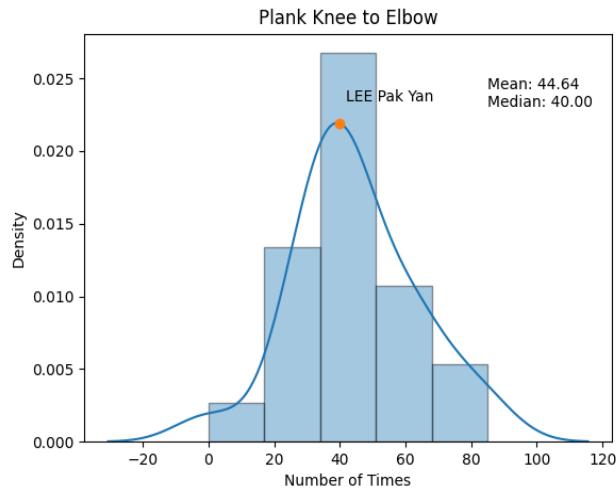
Out-and-backs VS Step Test



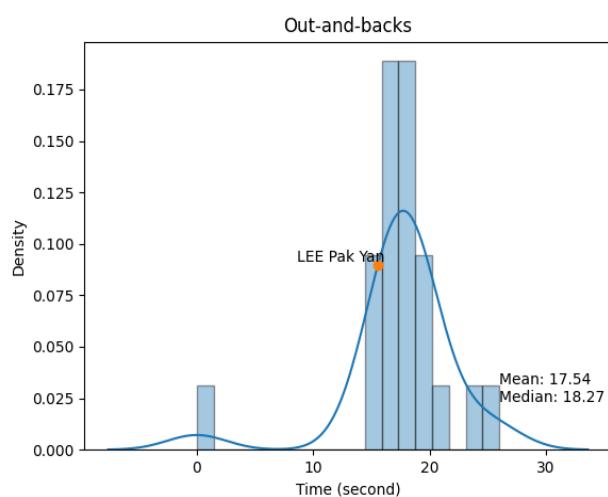
**Name:** LEE Pak Yan

**Class:** 2A

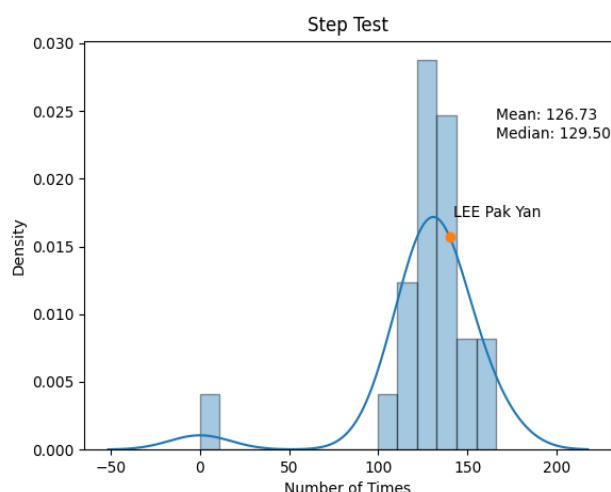
**Class Number:** 21



**Rank: 11/22**



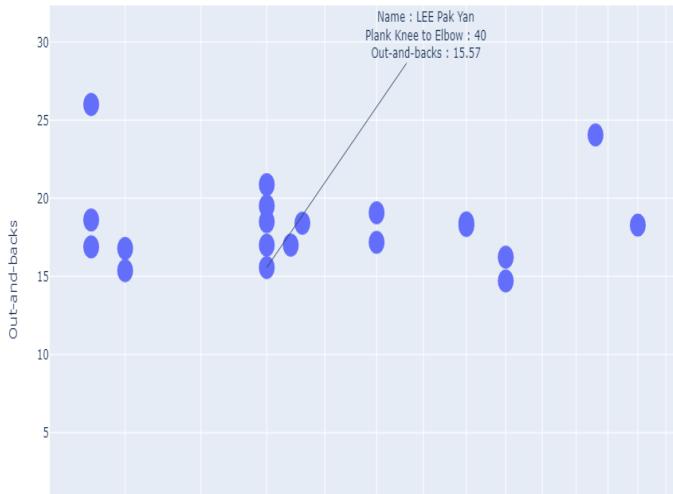
**Rank: 4/22**



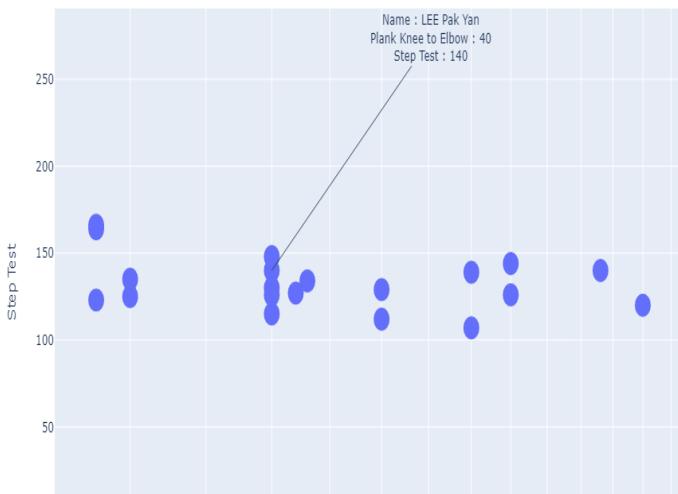
**Rank: 5/22**



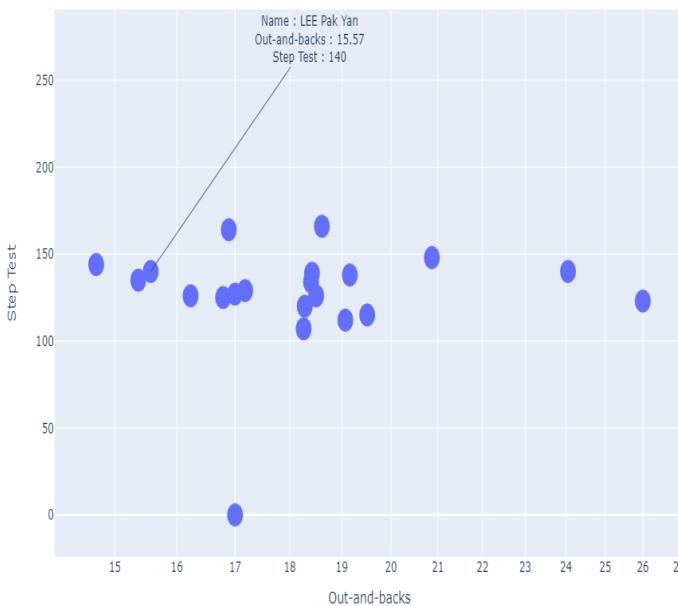
## Plank Knee to Elbow VS Out-and-backs



## Plank Knee to Elbow VS Step Test



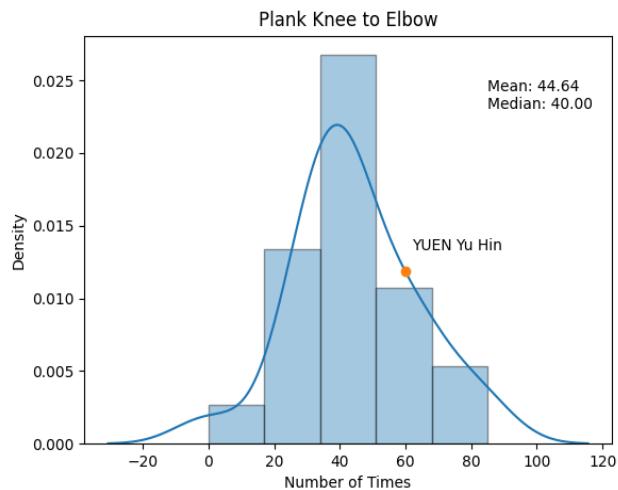
## Out-and-backs VS Step Test



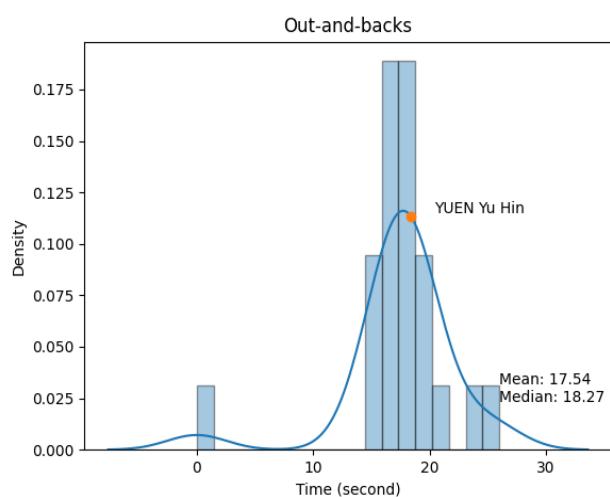
**Name:** YUEN Yu Hin

**Class:** 4A

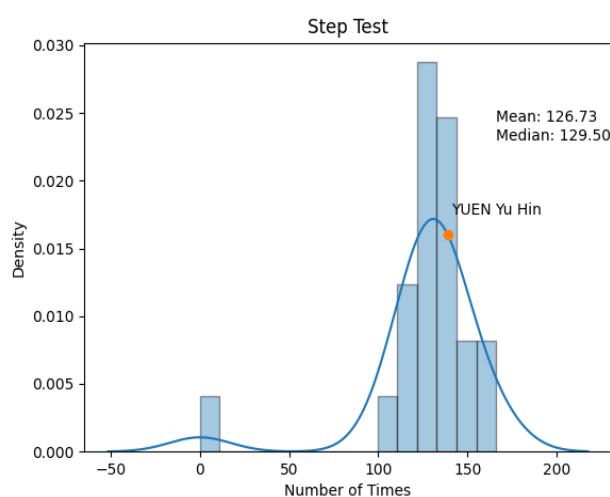
**Class Number:** 33



**Rank: 5/22**



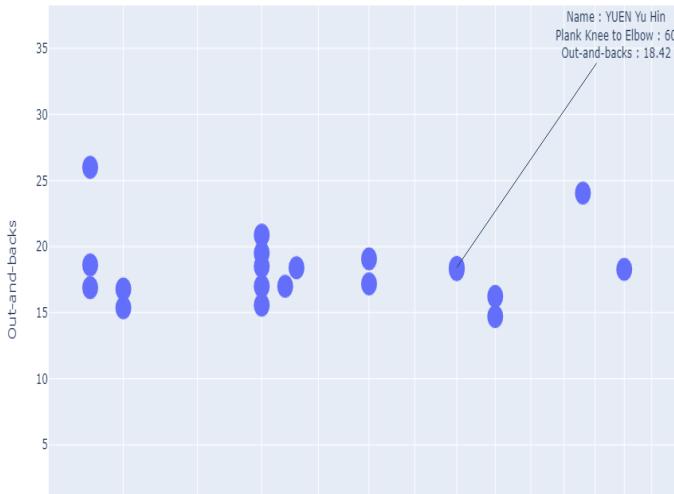
**Rank: 14/22**



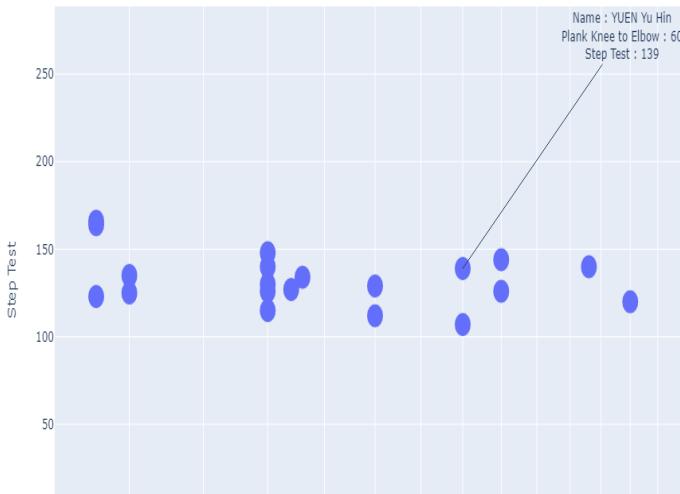
**Rank: 7/22**



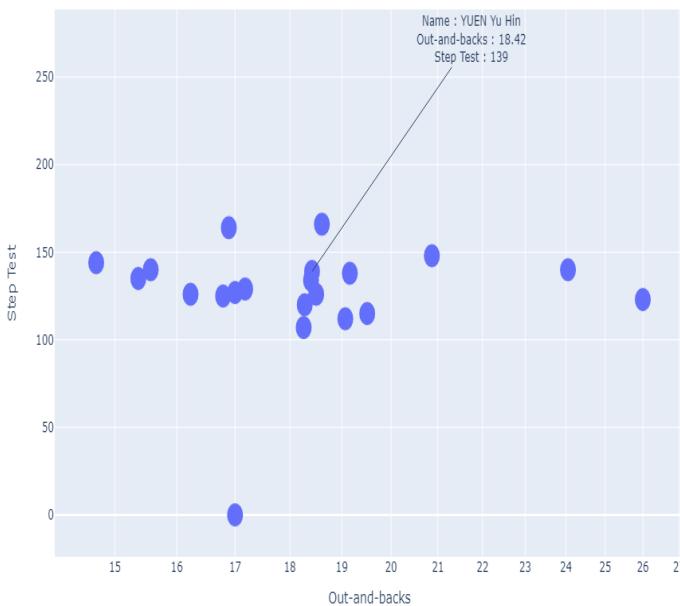
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



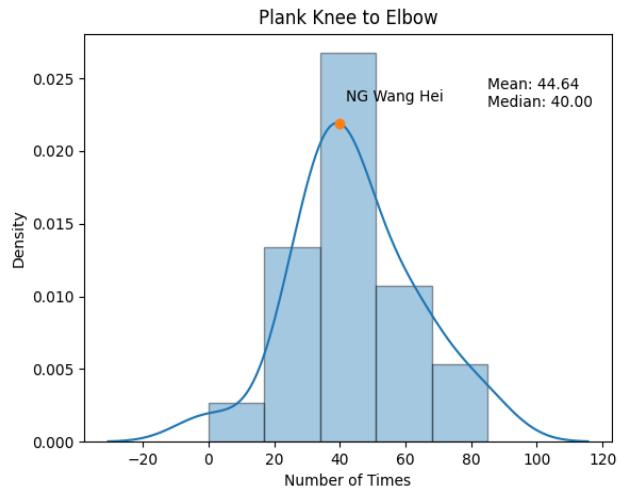
Out-and-backs VS Step Test



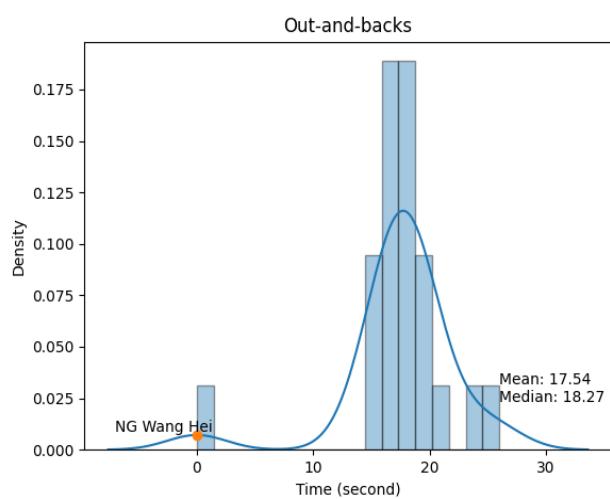
**Name:** NG Wang Hei

**Class:** 2C

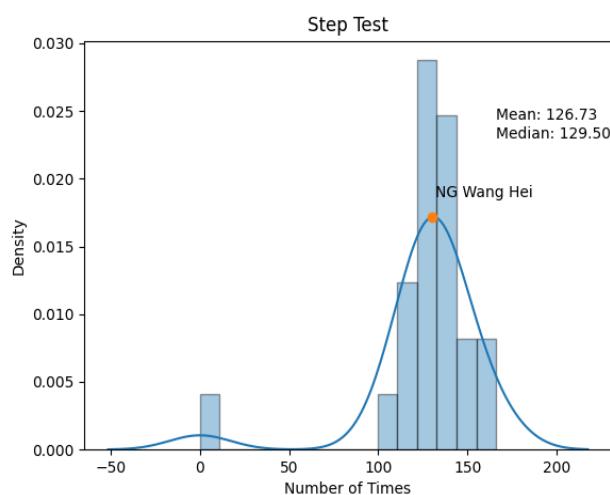
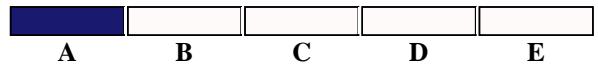
**Class Number:** 16



**Rank: 11/22**



**Rank: 1/22**



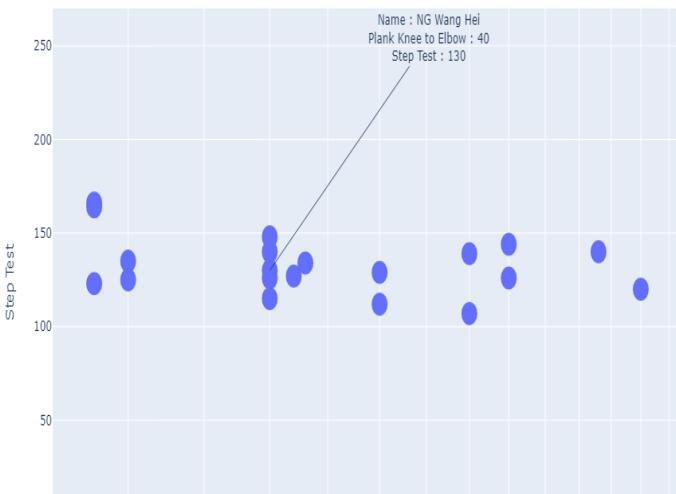
**Rank: 11/22**



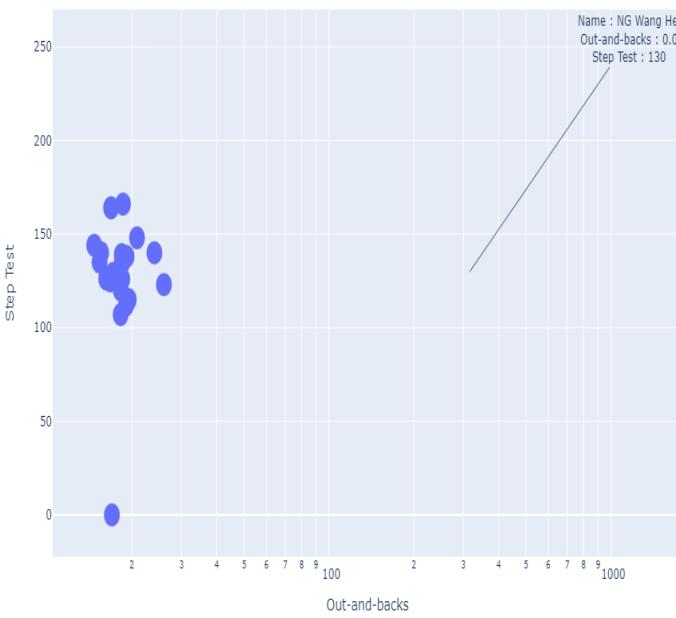
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



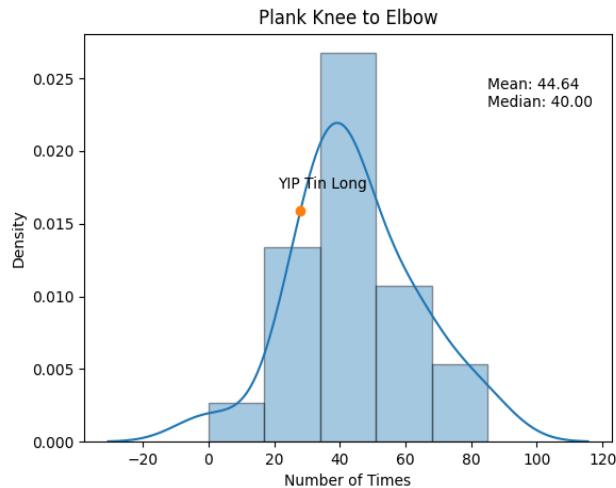
Out-and-backs VS Step Test



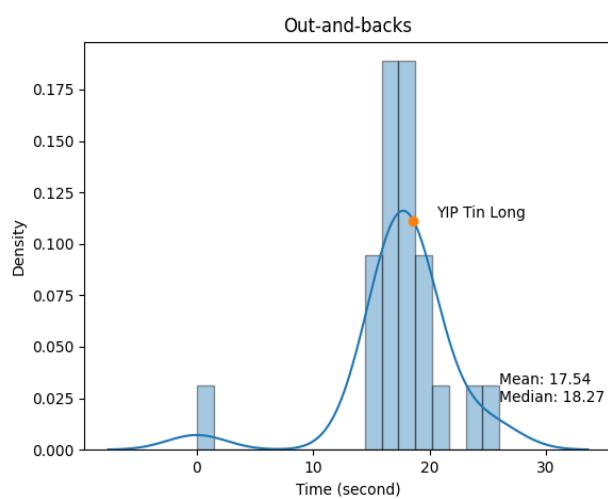
**Name:** YIP Tin Long

**Class:** 4A

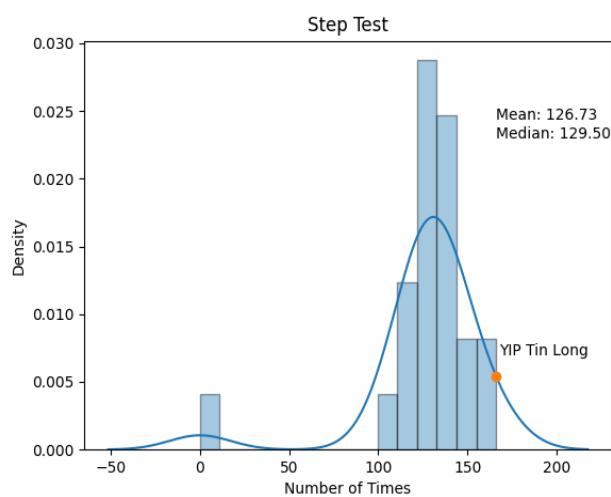
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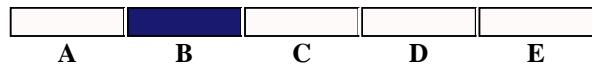
**Rank: 19/22**



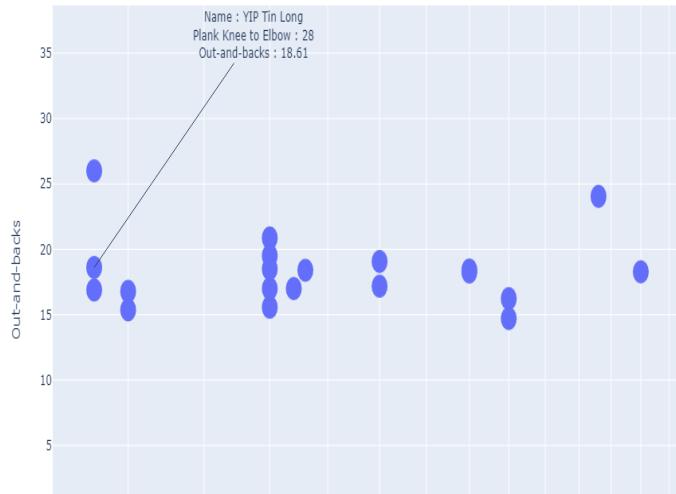
**Rank: 16/22**



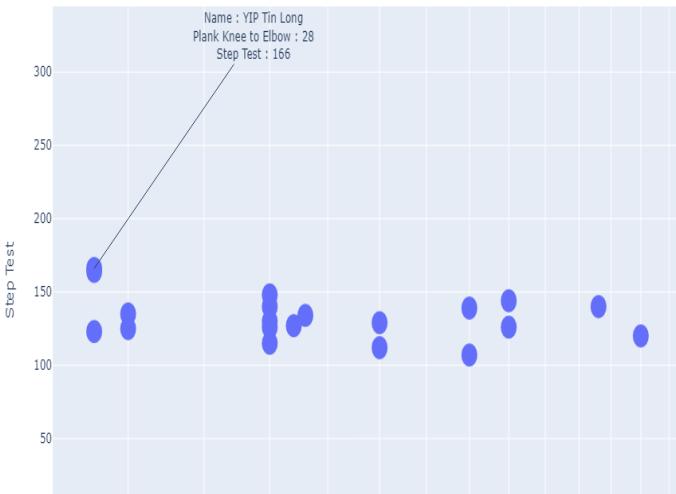
**Rank: 1/22**



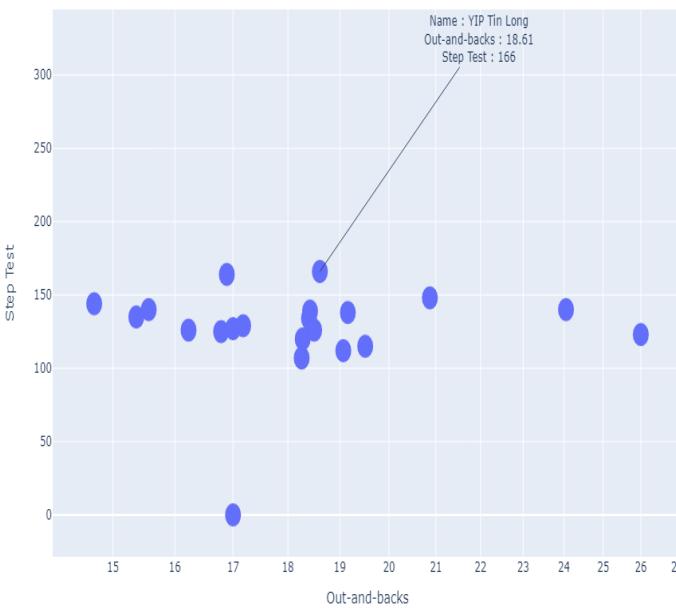
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



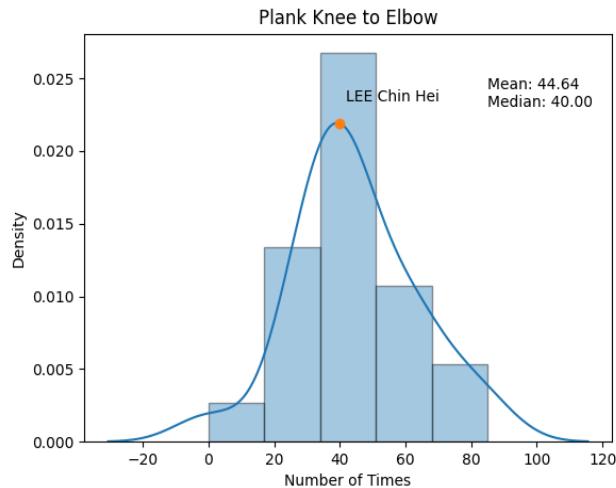
Out-and-backs VS Step Test



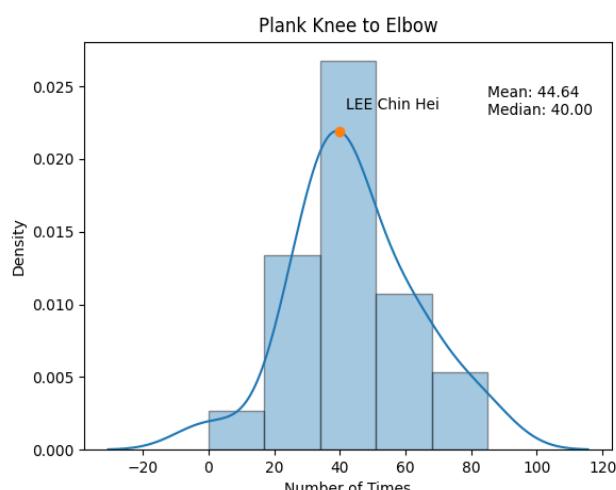
**Name:** LEE Chin Hei

**Class:** 4A

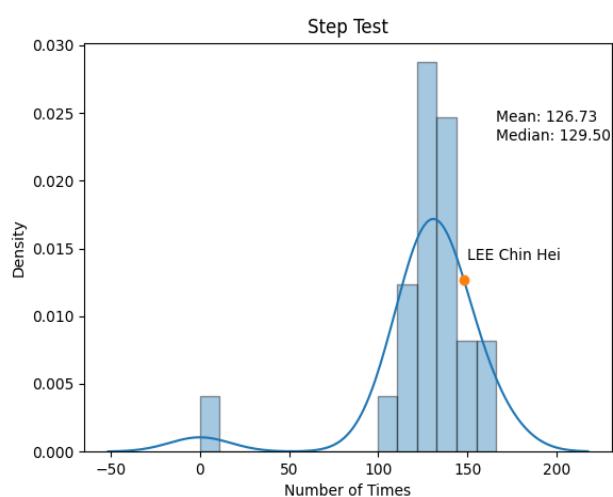
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**Rank:** 11/22



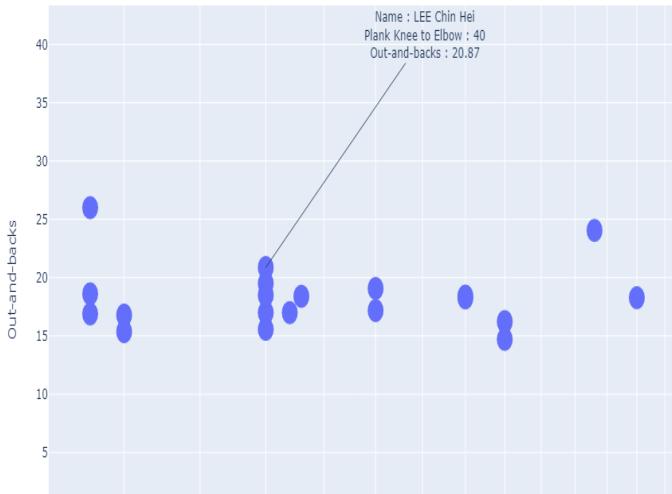
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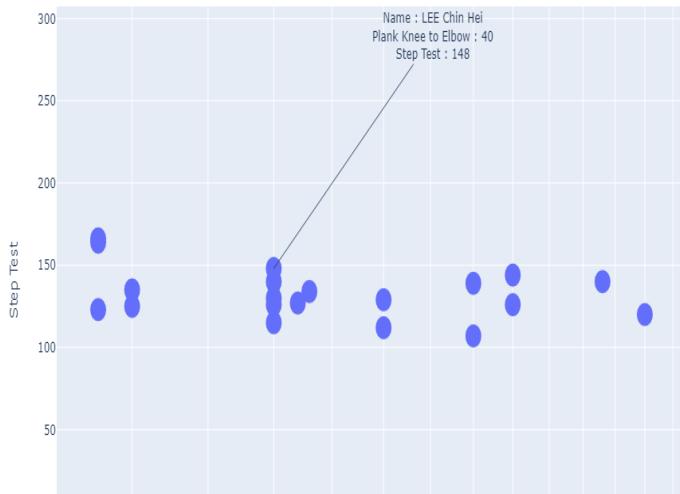
**Rank:** 3/22



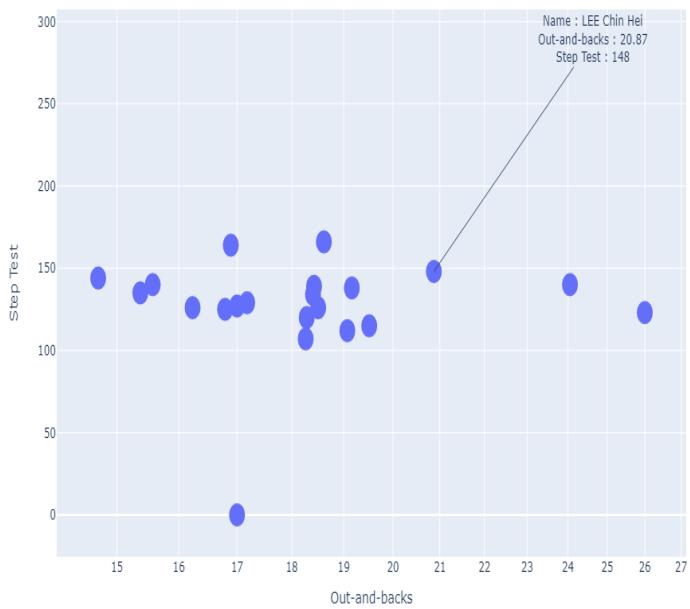
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



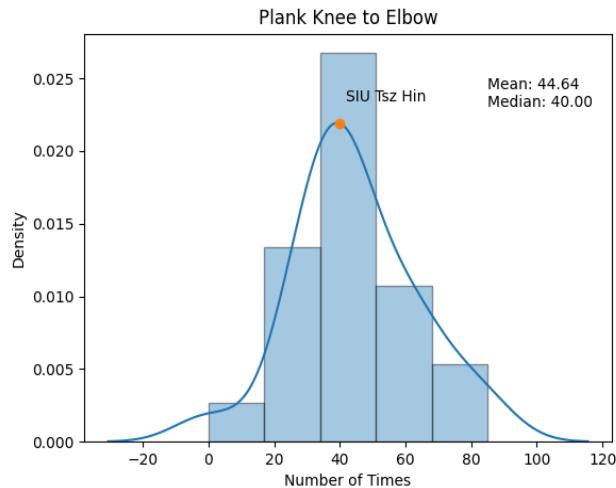
Out-and-backs VS Step Test



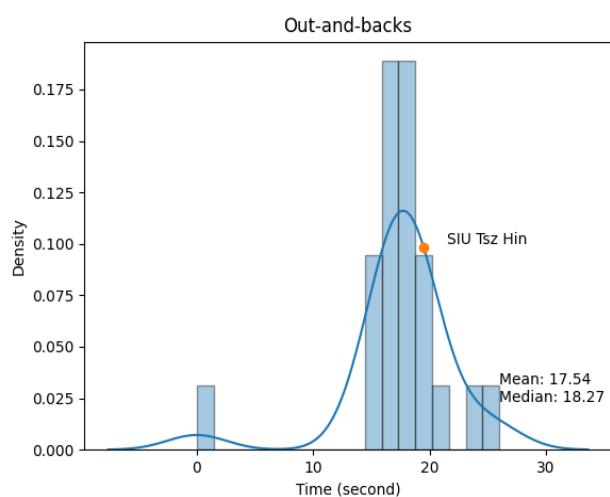
**Name:** SIU Tsz Hin

**Class:** 2D

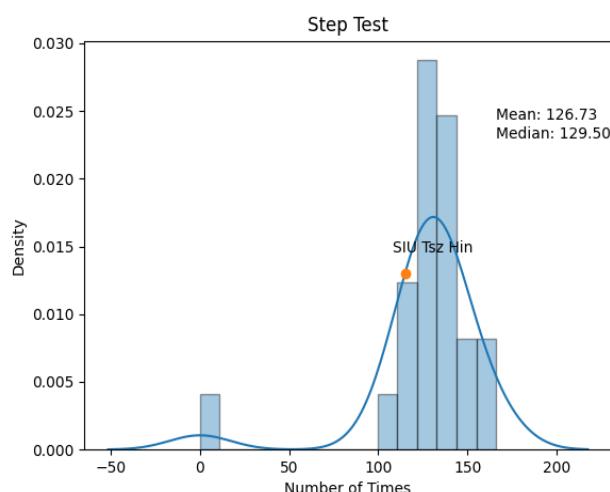
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**Rank: 11/22**



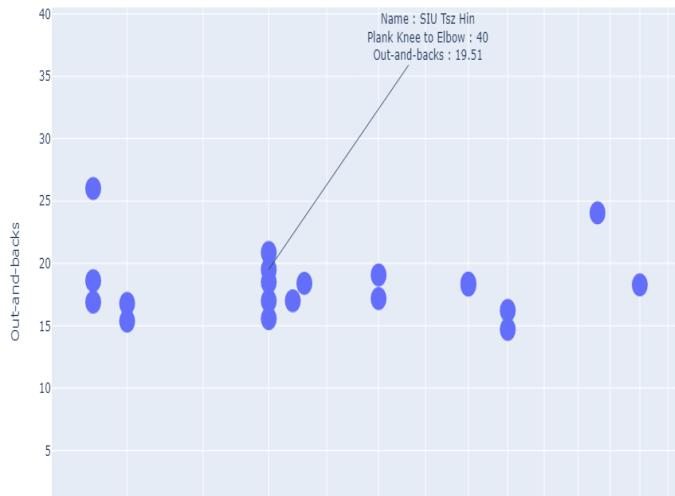
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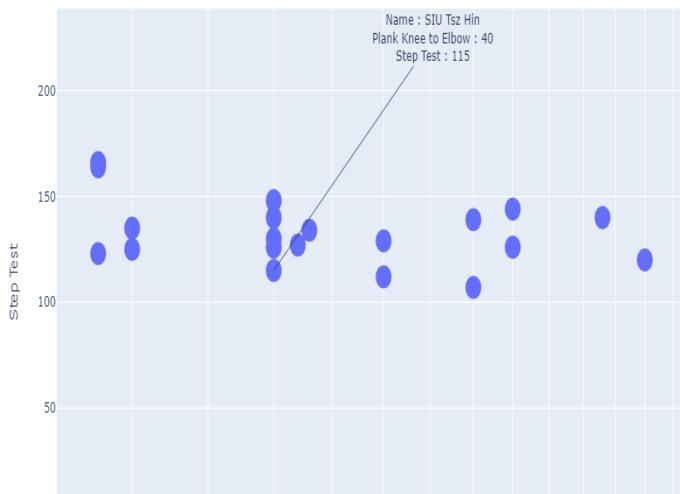
**Rank: 19/22**



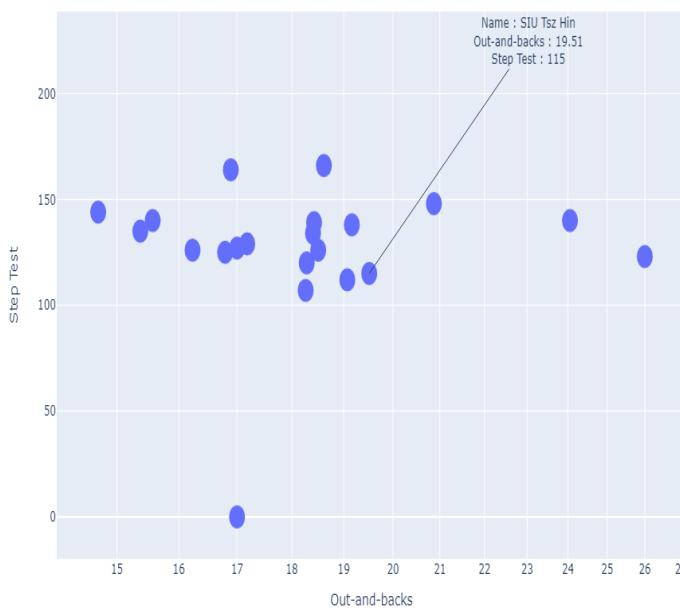
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



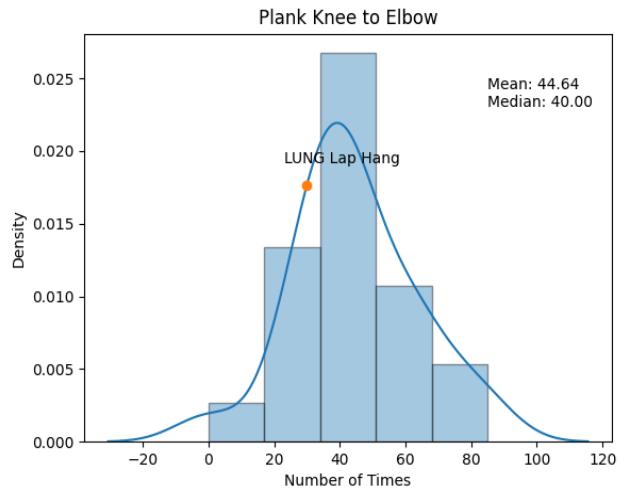
Out-and-backs VS Step Test



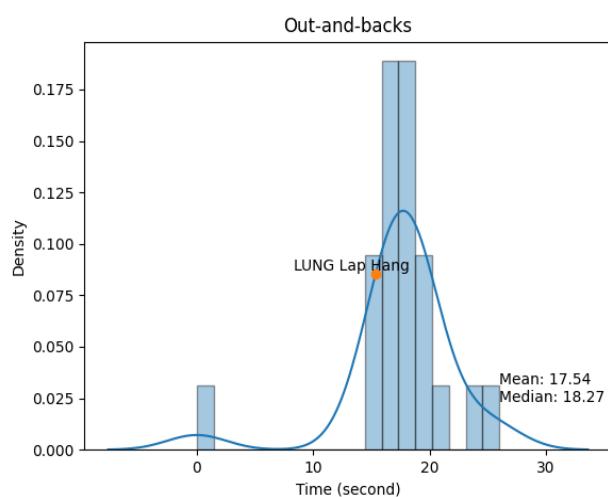
**Name:** LUNG Lap Hang

**Class:** 2A

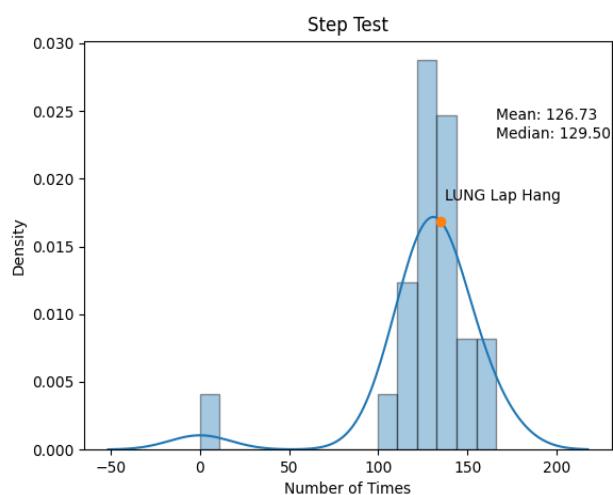
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**Rank: 17/22**



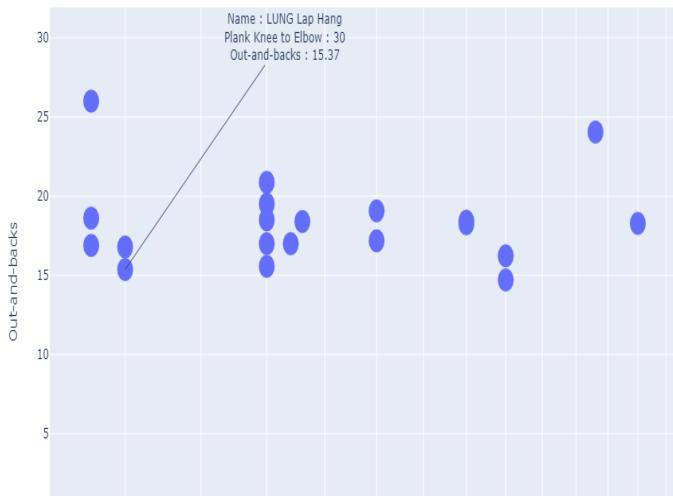
**Rank: 3/22**



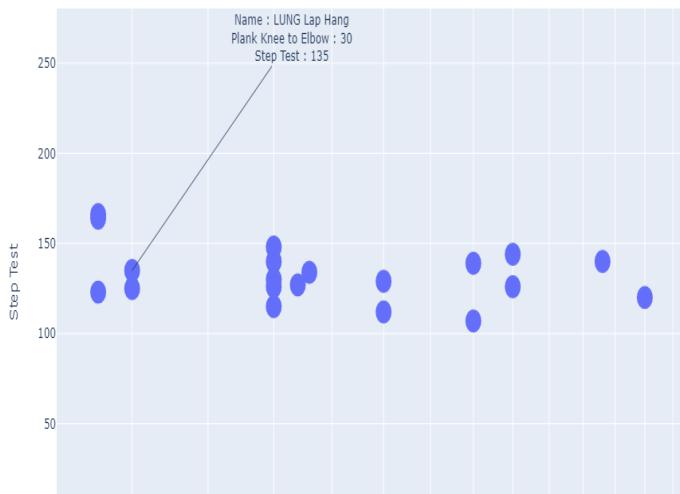
**Rank: 9/22**



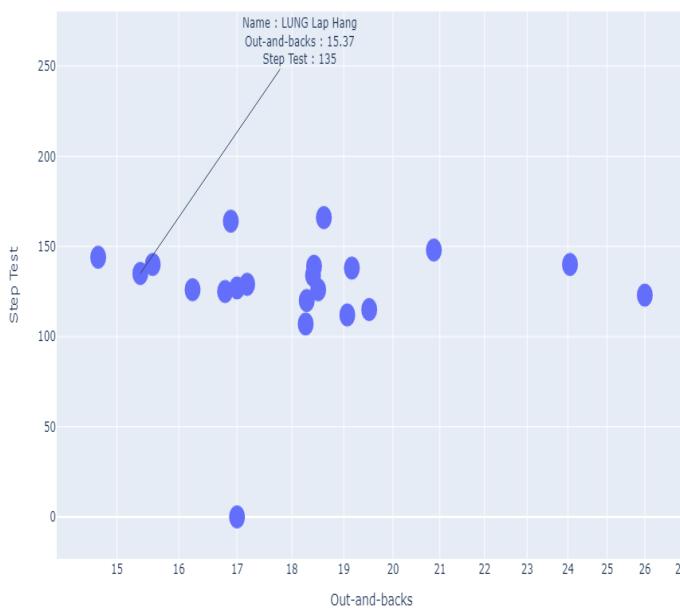
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



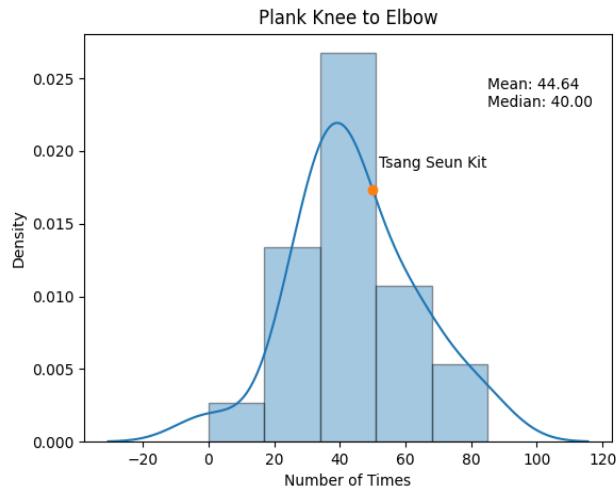
Out-and-backs VS Step Test



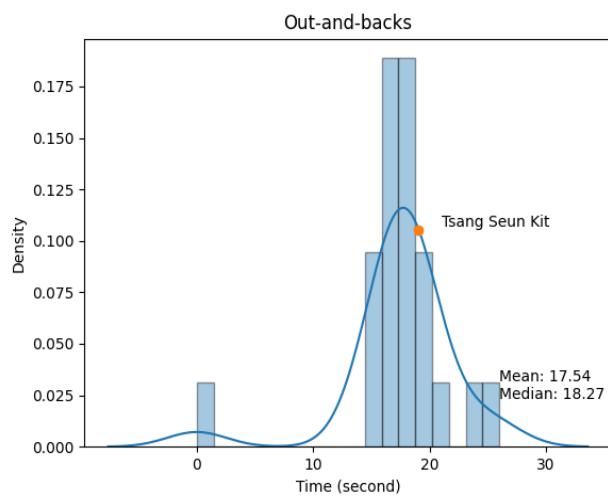
**Name:** Tsang Seun Kit

**Class:** 2B

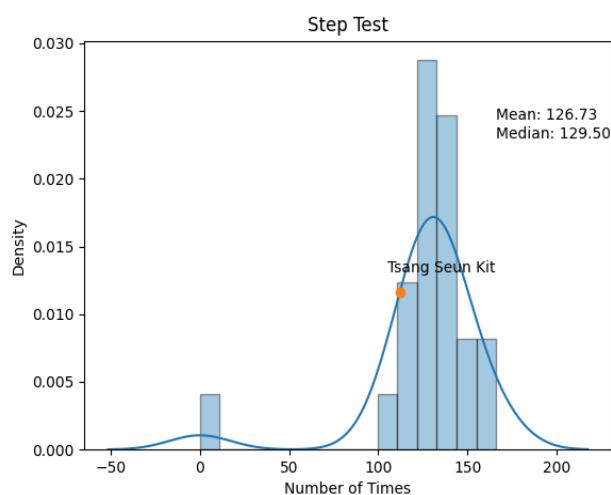
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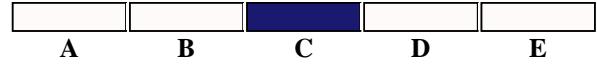
**Rank: 7/22**



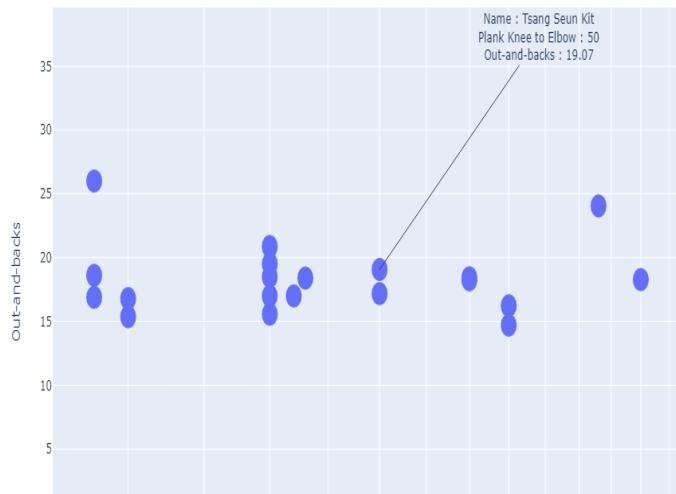
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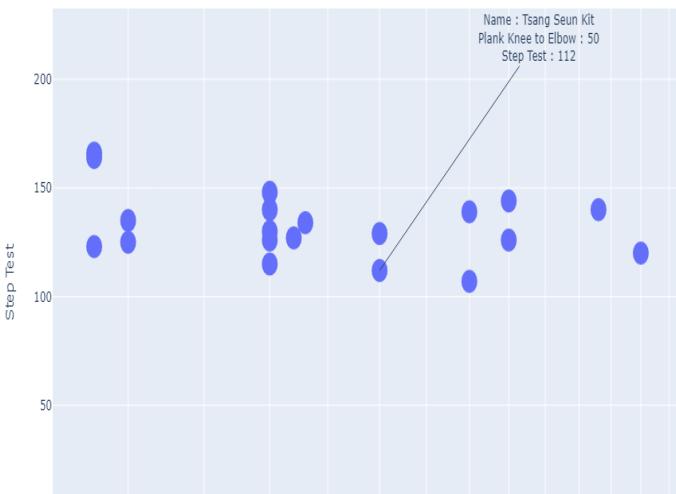
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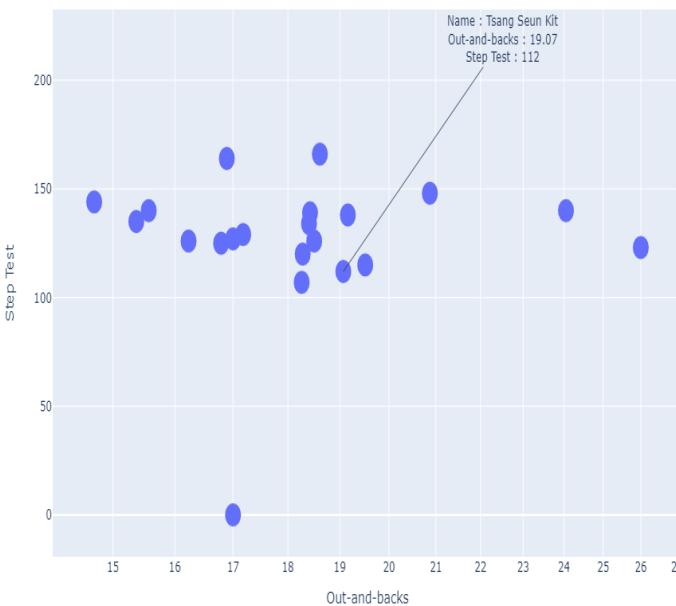
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



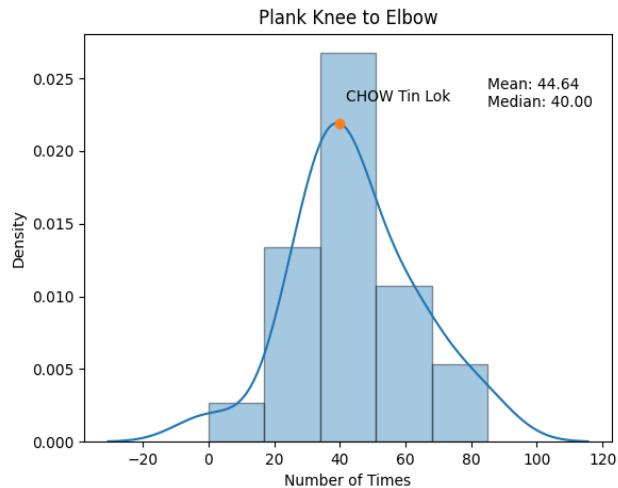
Out-and-backs VS Step Test



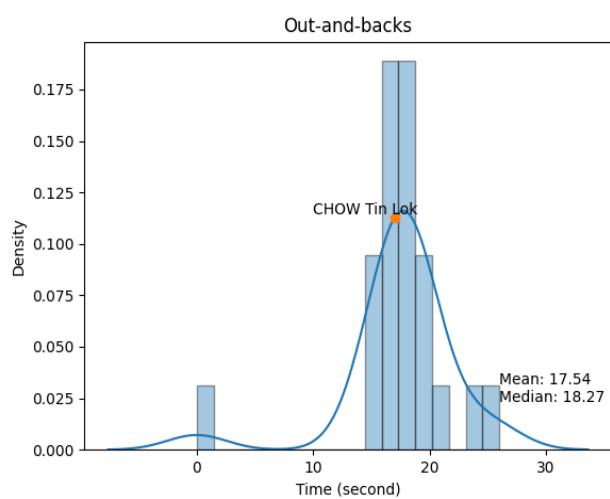
**Name:** CHOW Tin Lok

**Class:** 2C

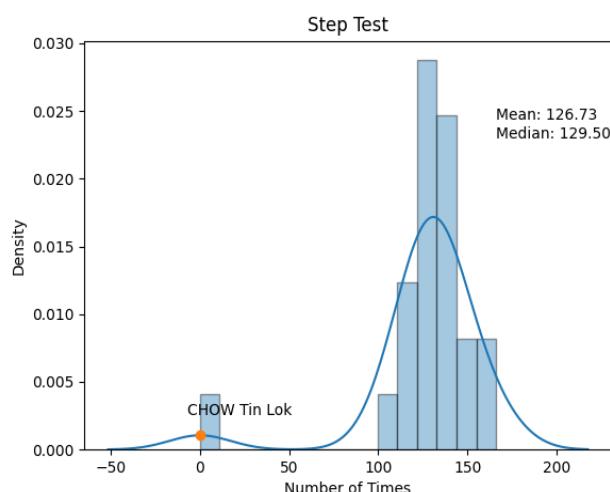
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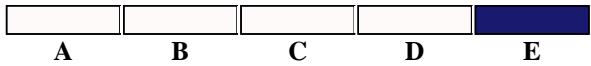
**Rank:** 11/22



**Rank:** 8/22



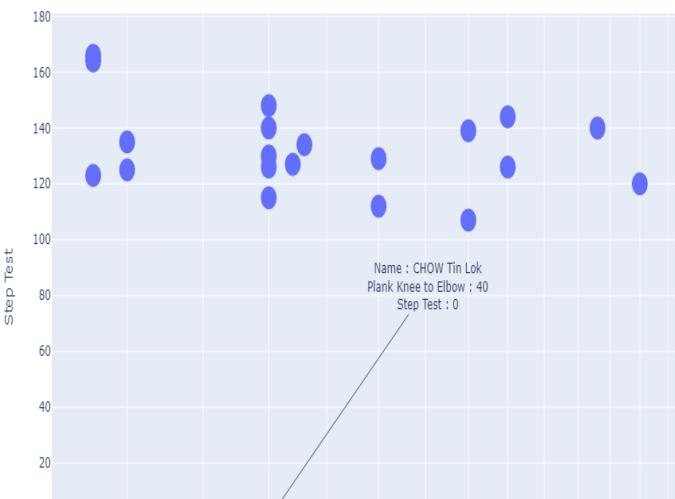
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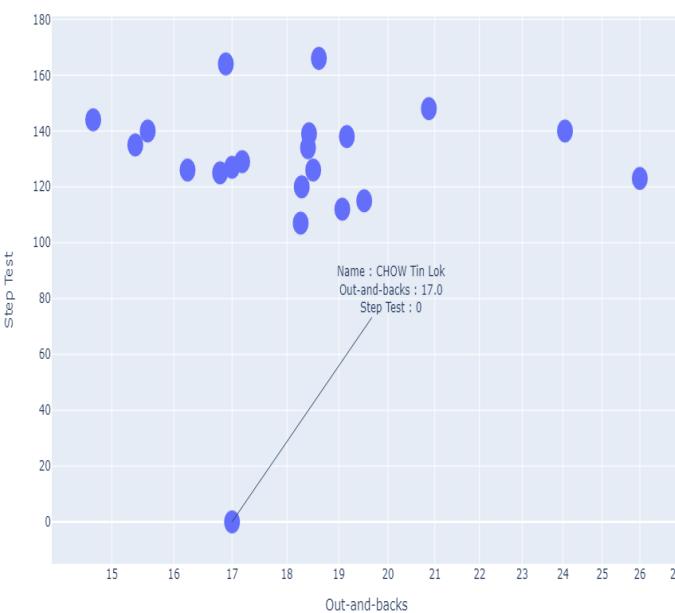
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



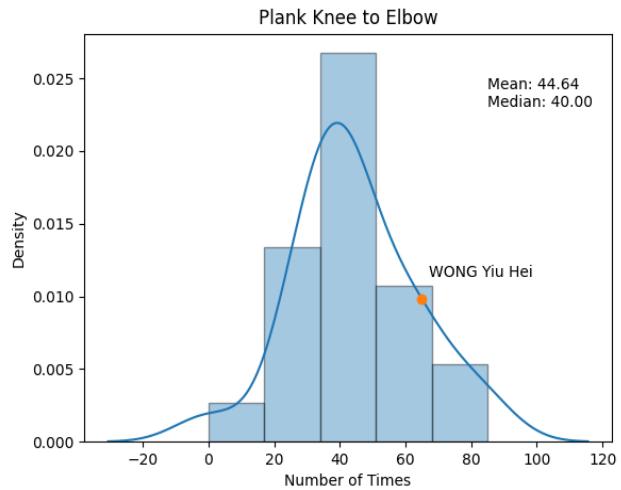
Out-and-backs VS Step Test



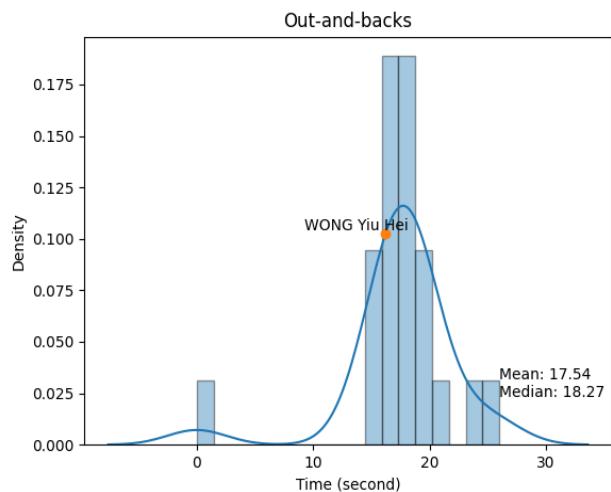
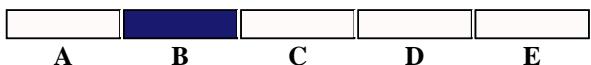
**Name:** WONG Yiu Hei

**Class:** 1D

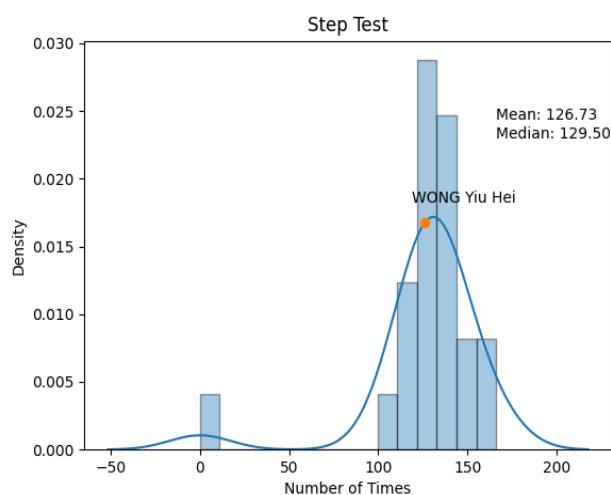
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**Rank:** 3/22



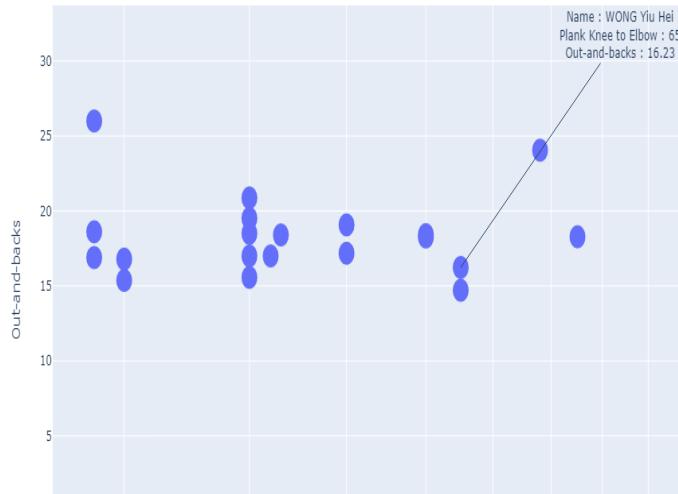
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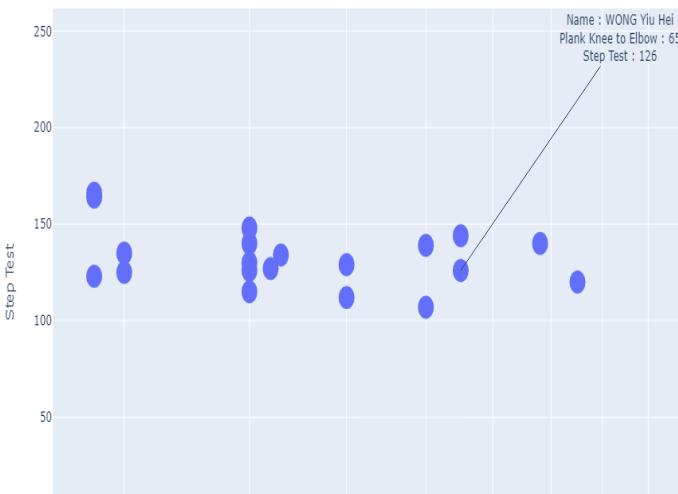
**Rank:** 14/22



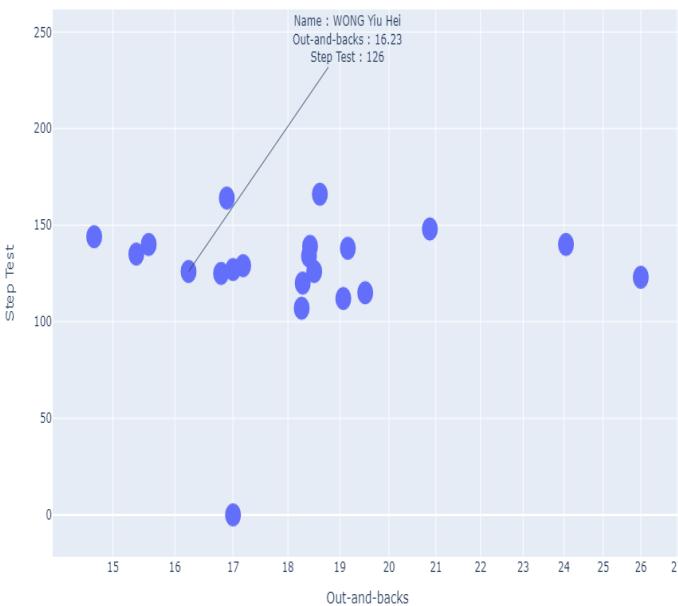
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



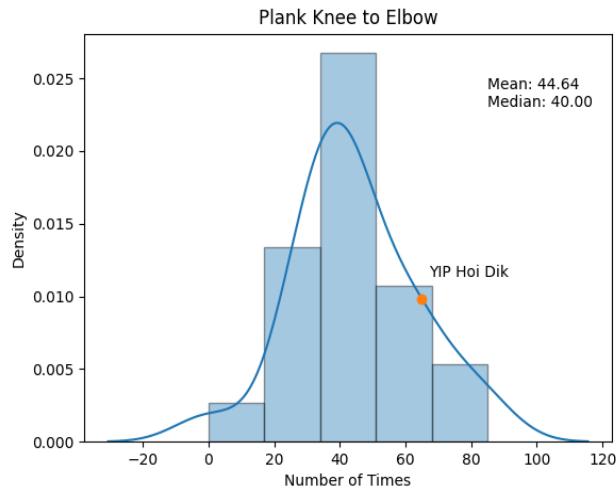
Out-and-backs VS Step Test



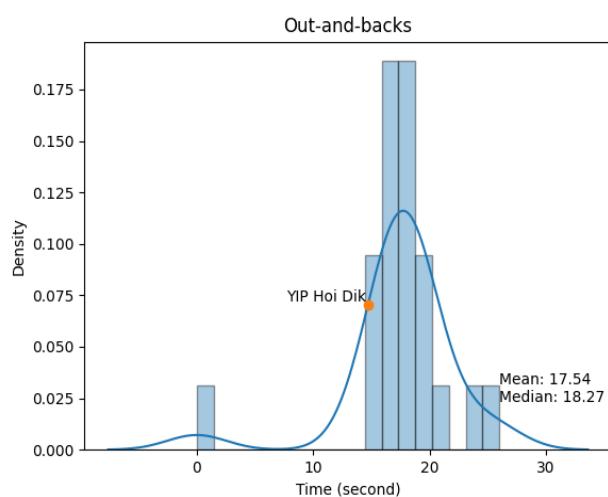
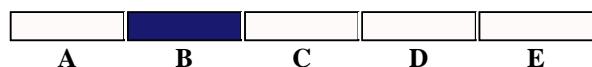
**Name:** YIP Hoi Dik

**Class:** 2A

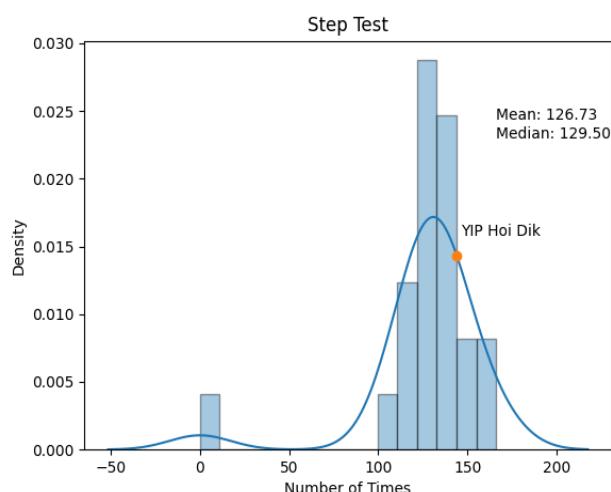
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**Rank:** 3/22



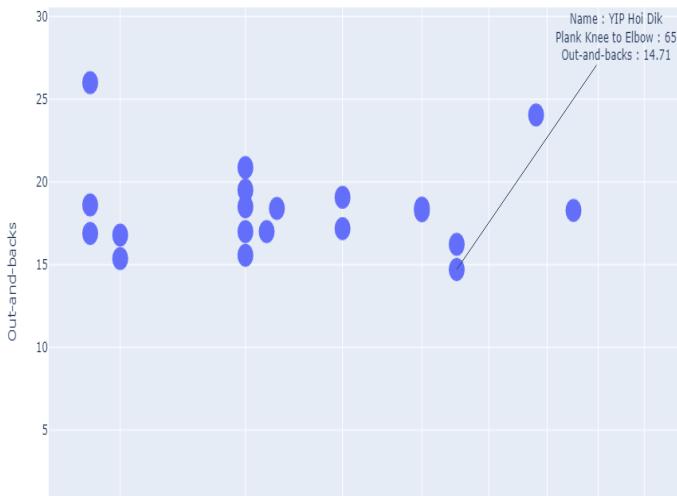
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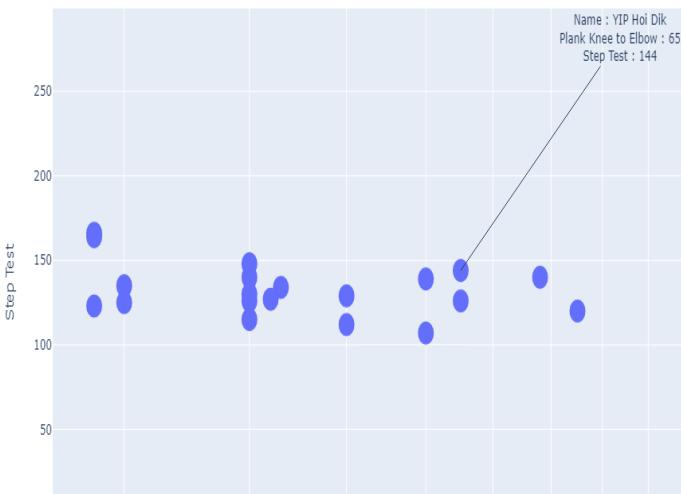
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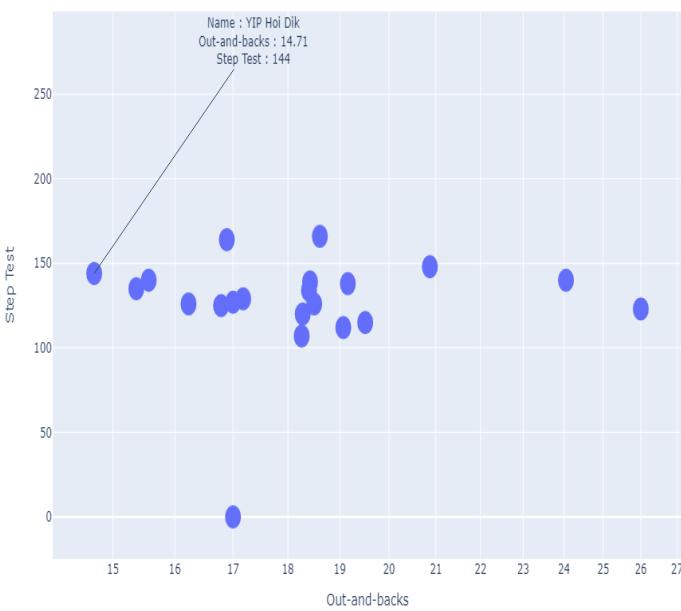
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



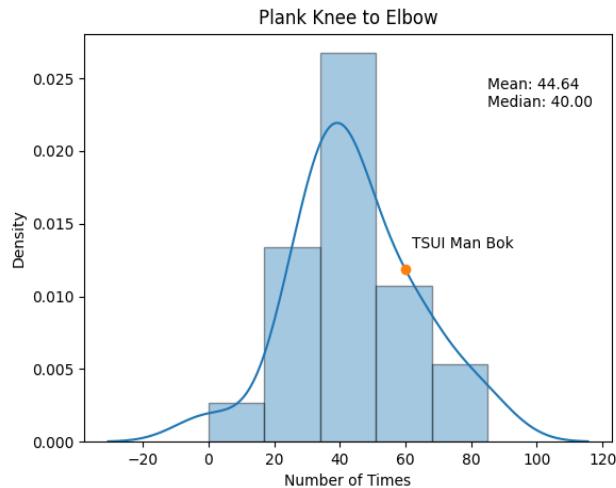
Out-and-backs VS Step Test



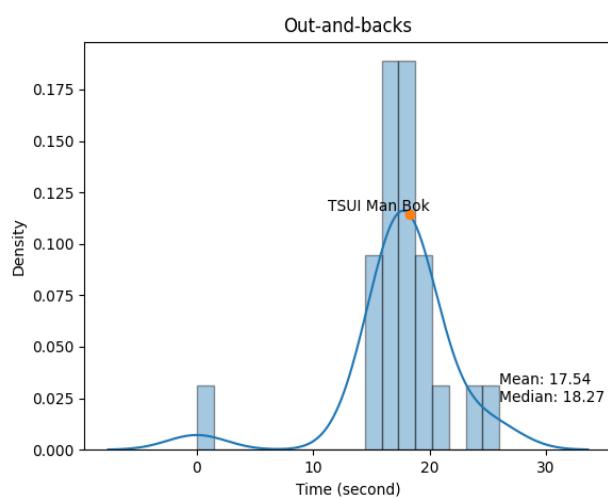
**Name:** TSUI Man Bok

**Class:** 2C

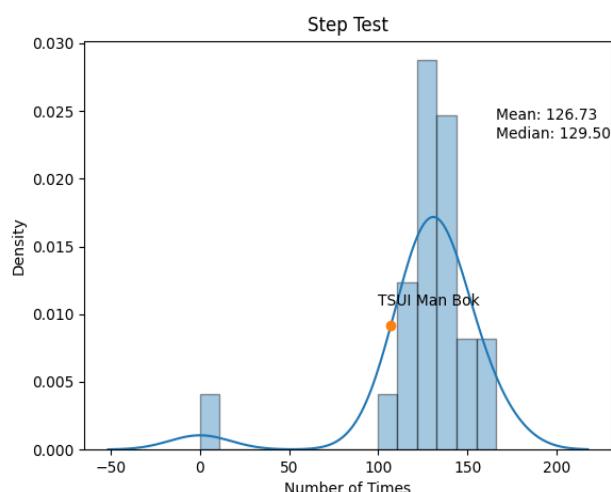
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**Rank: 5/22**



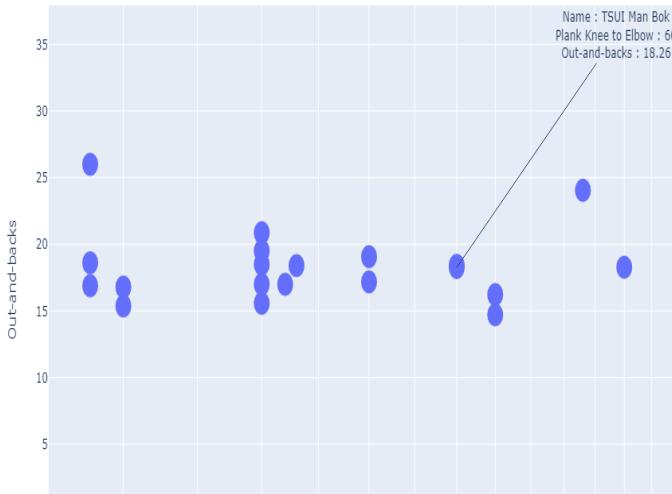
**Rank: 11/22**



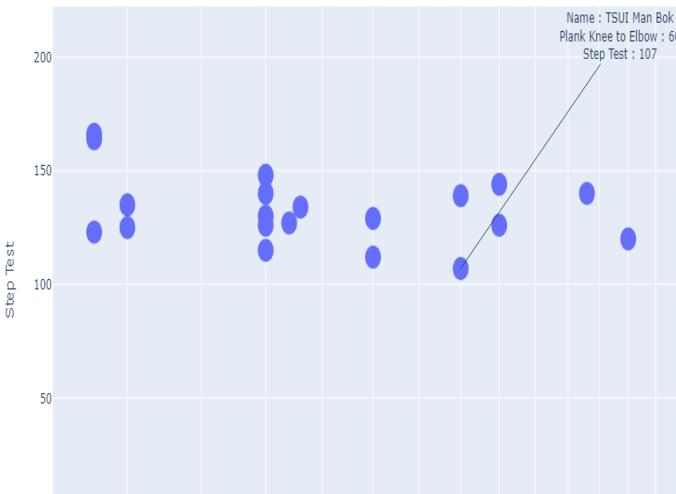
**Rank: 21/22**



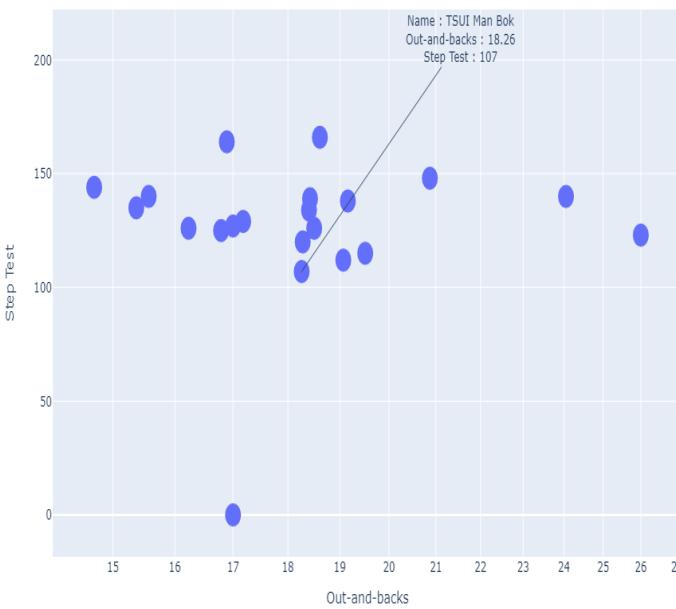
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



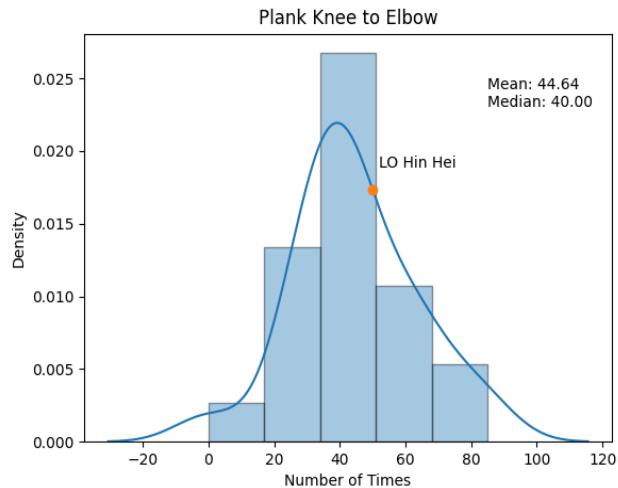
Out-and-backs VS Step Test



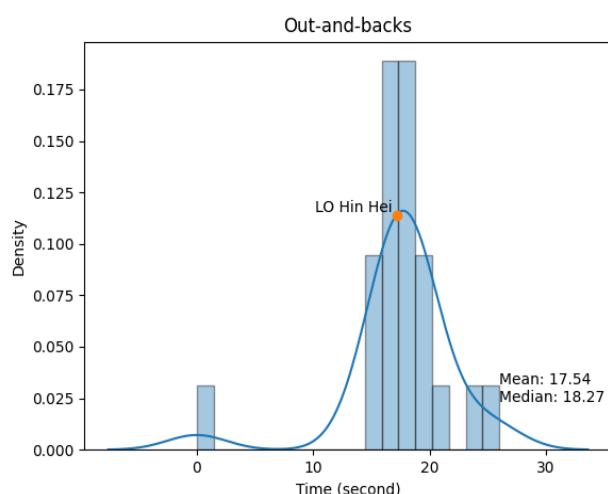
**Name:** LO Hin Hei

**Class:** 2C

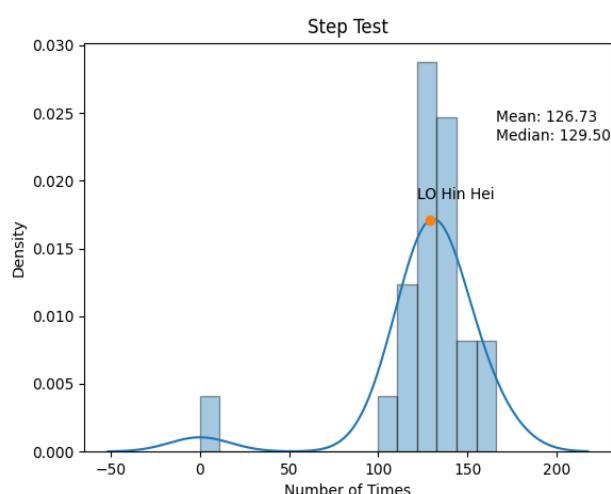
**Class Number:** 12



**Rank: 7/22**



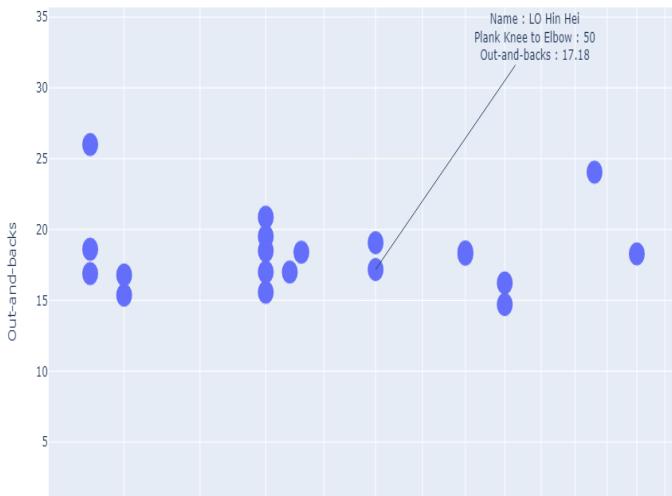
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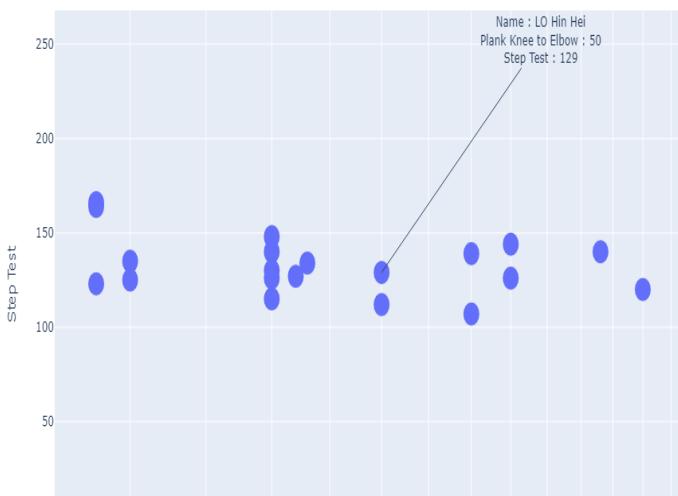
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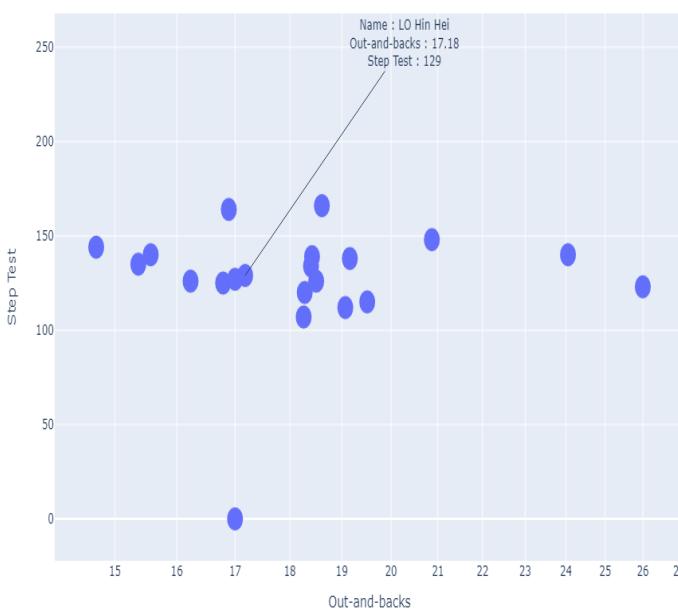
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



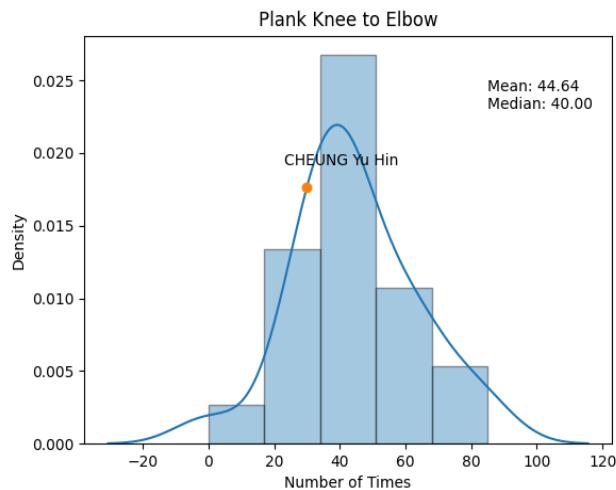
Out-and-backs VS Step Test



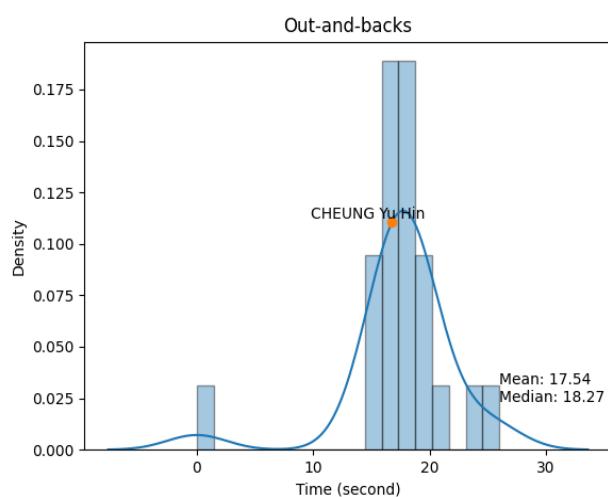
**Name:** CHEUNG Yu Hin

**Class:** 3B

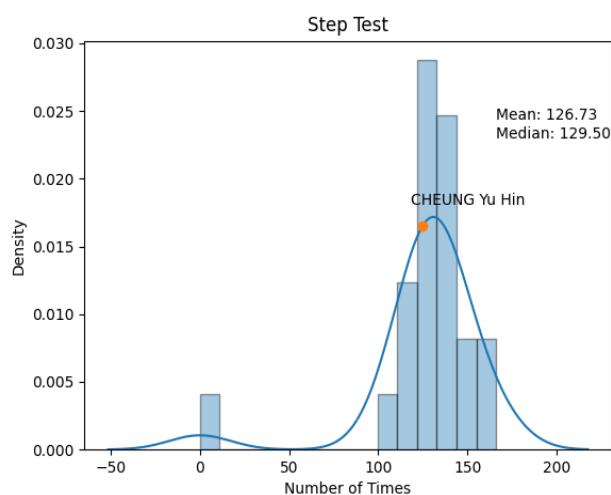
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**Rank: 17/22**



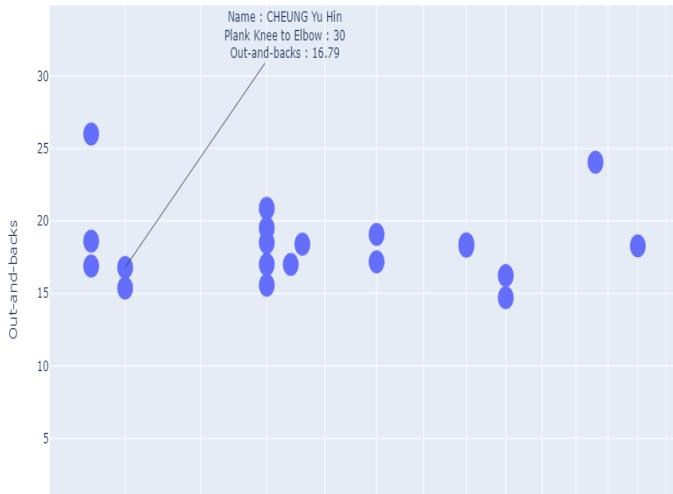
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**Rank: 16/22**



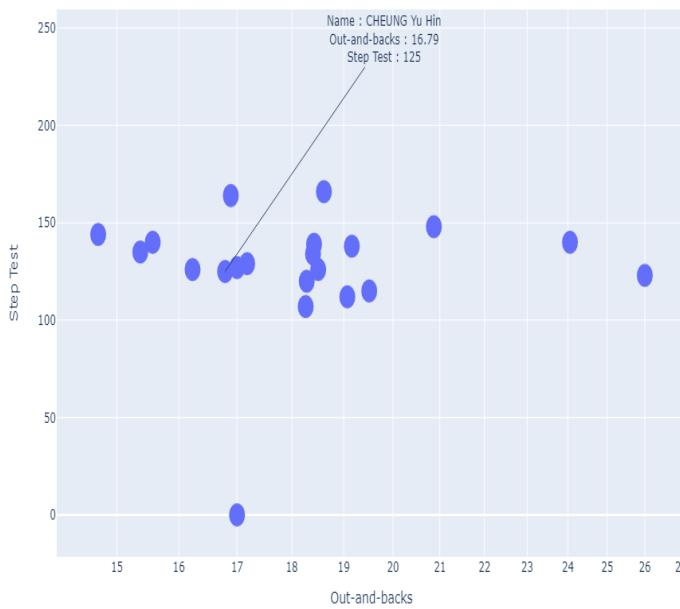
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



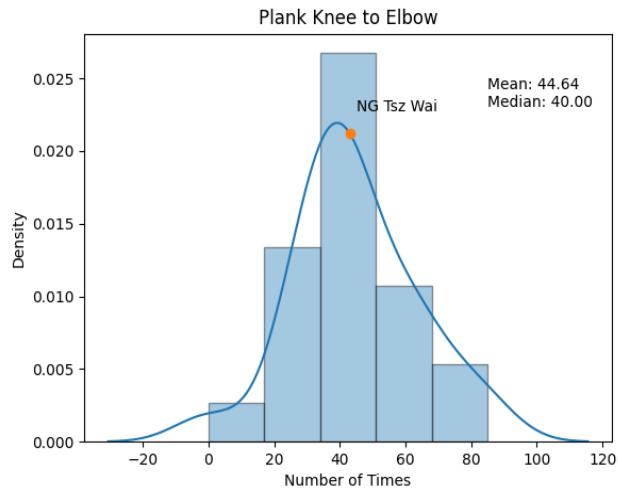
Out-and-backs VS Step Test



**Name:** NG Tsz Wai

**Class:** 3B

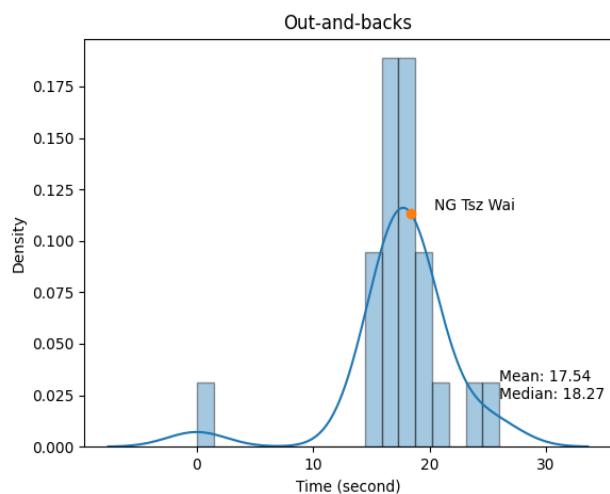
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**Rank: 9/22**



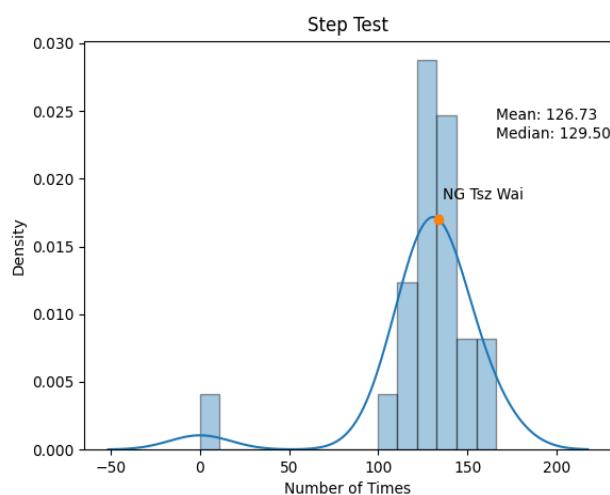
A B C D E



**Rank: 13/22**



A B C D E

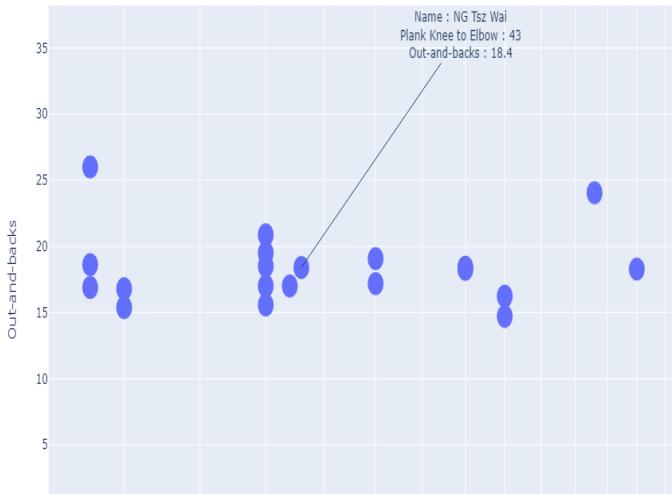


**Rank: 10/22**

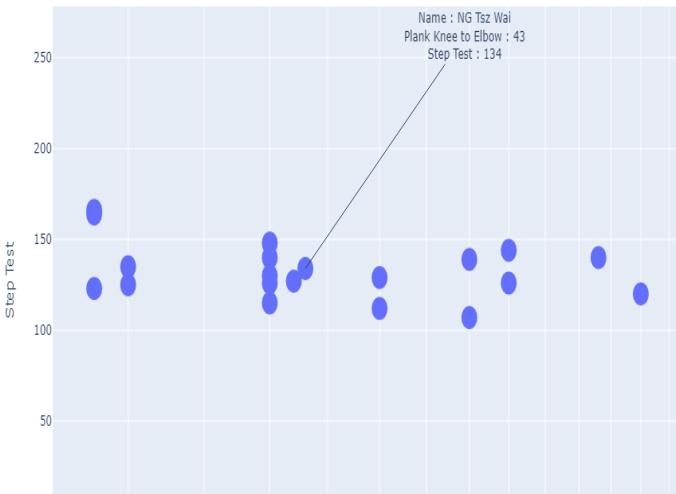


A B C D E

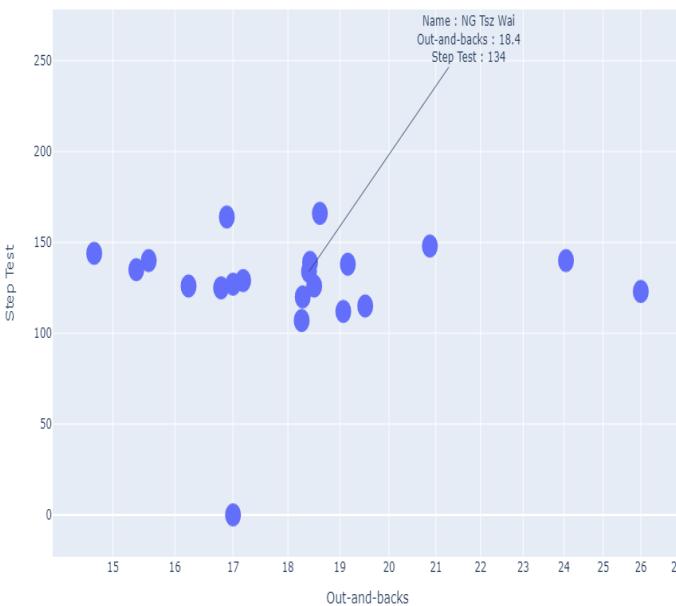
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



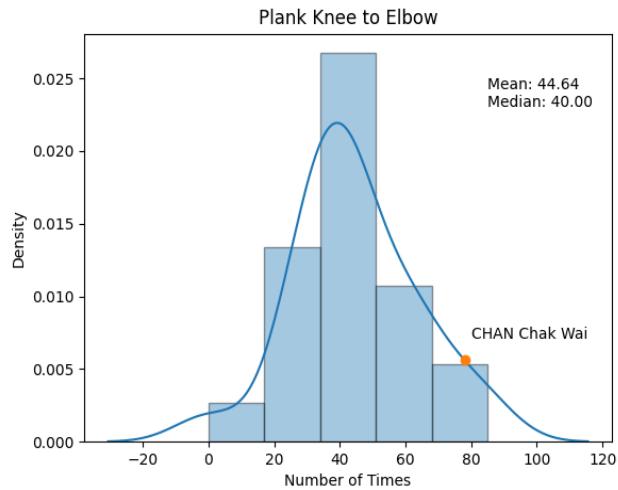
Out-and-backs VS Step Test



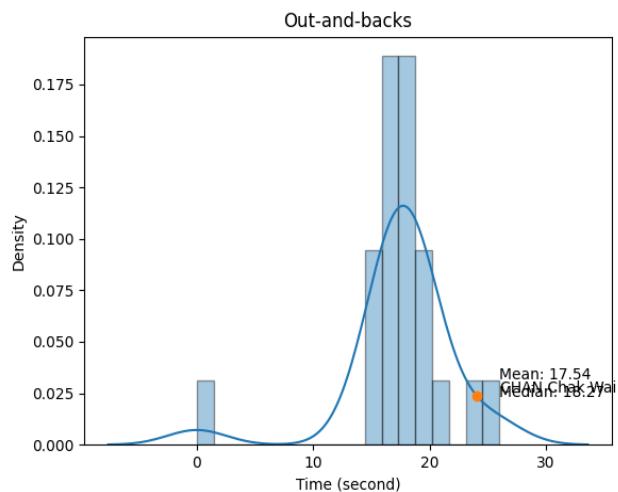
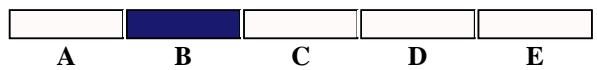
**Name:** CHAN Chak Wai

**Class:** 3A

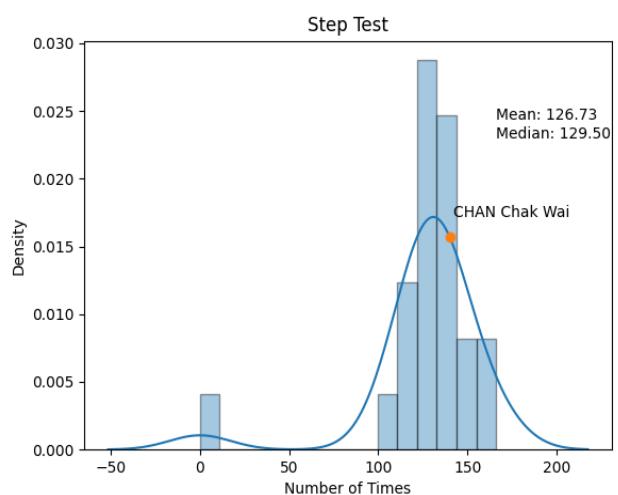
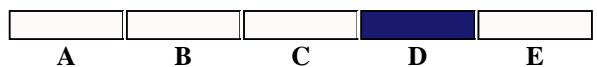
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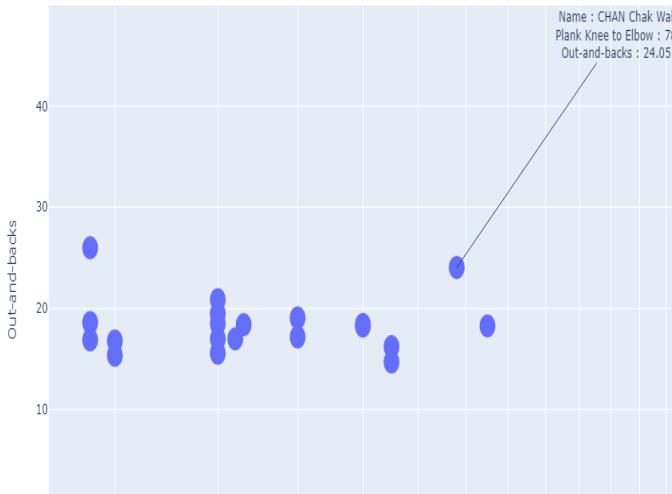
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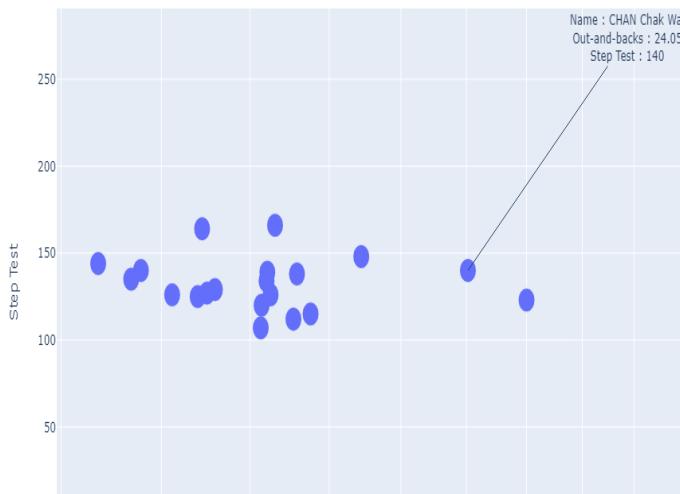
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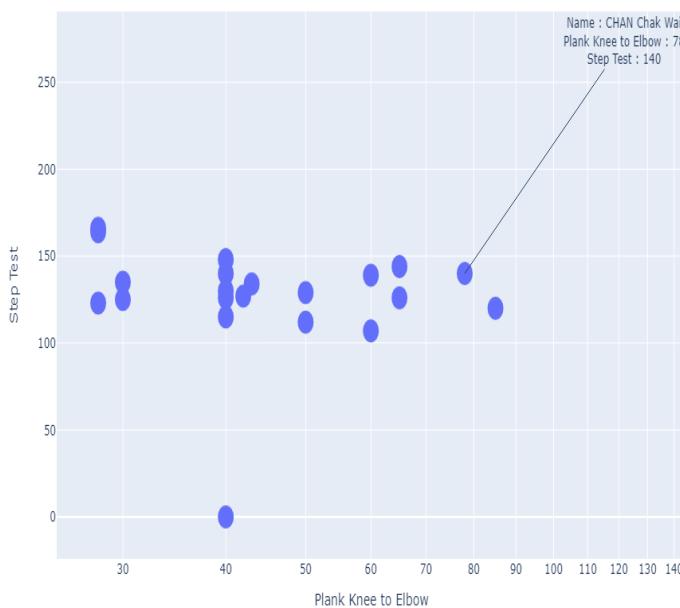
Plank Knee to Elbow VS Out-and-backs



Out-and-backs VS Step Test



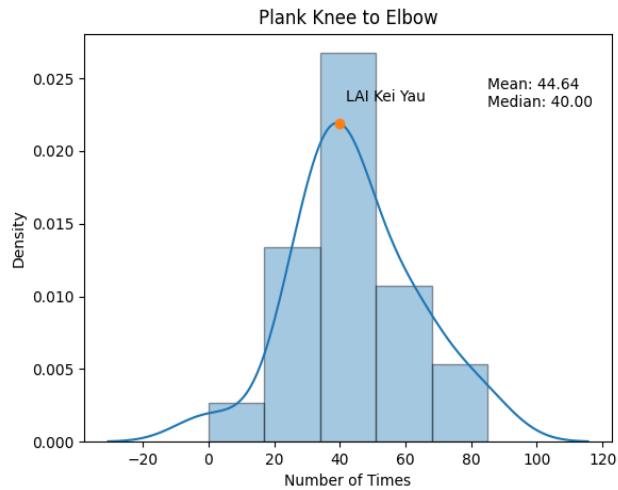
Plank Knee to Elbow VS Step Test



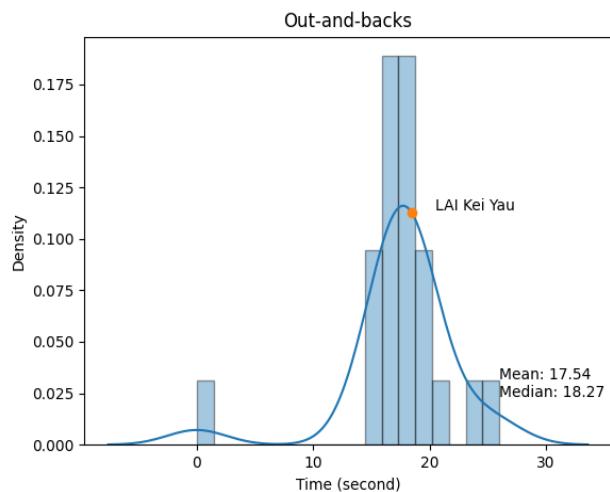
**Name:** LAI Kei Yau

**Class:** 3A

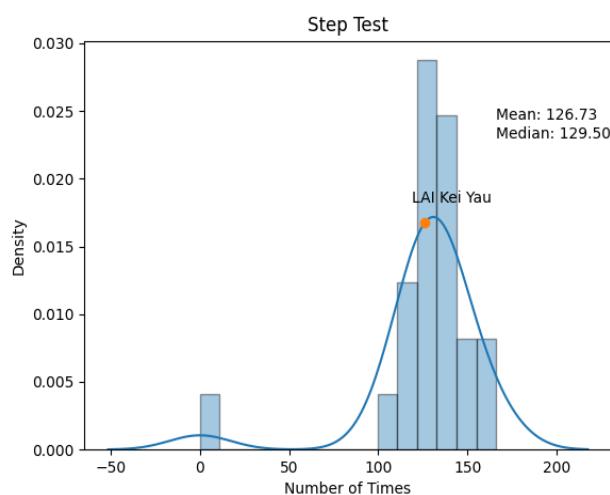
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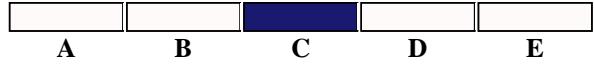
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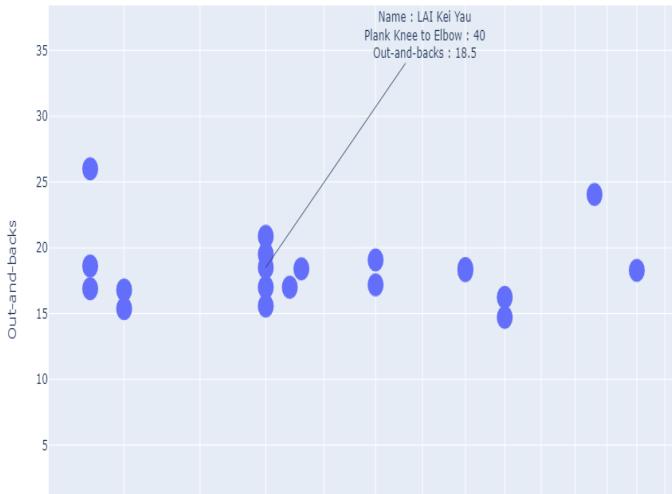
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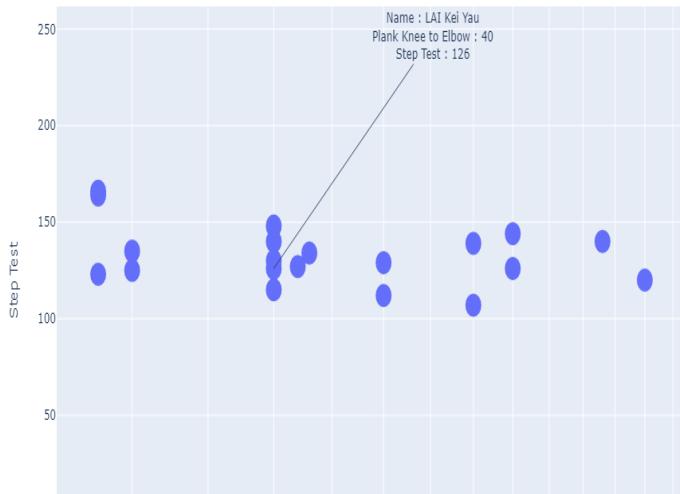
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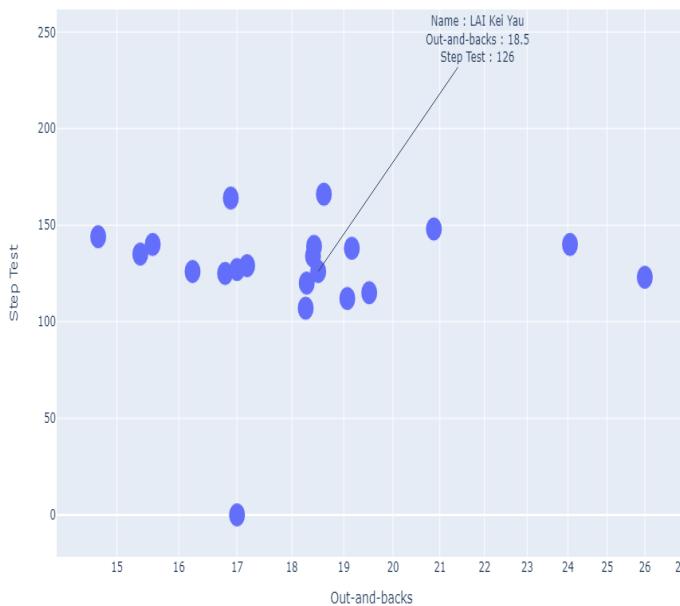
Plank Knee to Elbow VS Out-and-backs



Plank Knee to Elbow VS Step Test



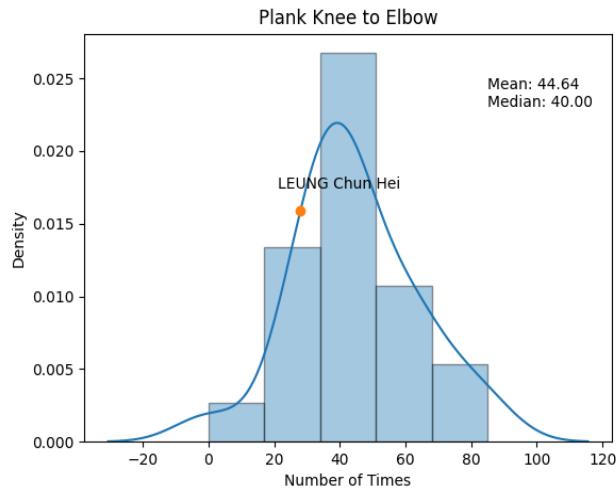
Out-and-backs VS Step Test



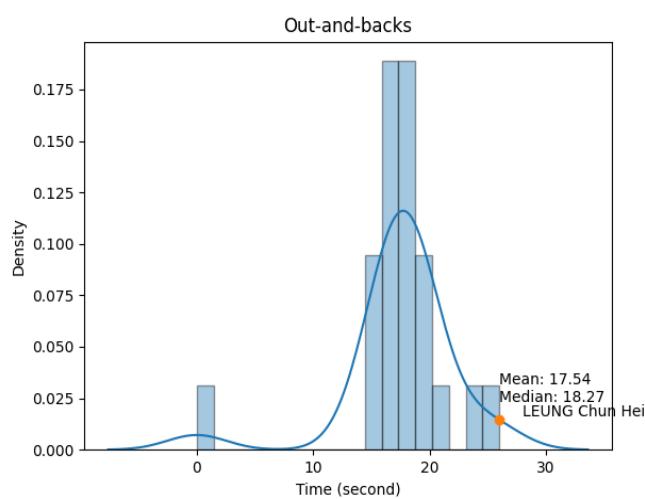
**Name:** LEUNG Chun Hei

**Class:** 3A

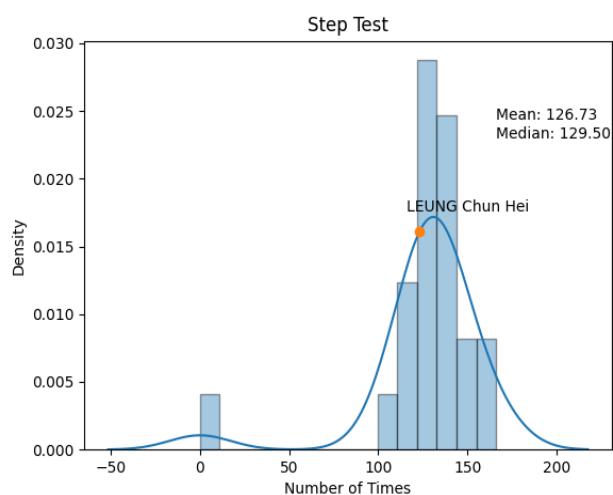
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**Rank:** 19/22



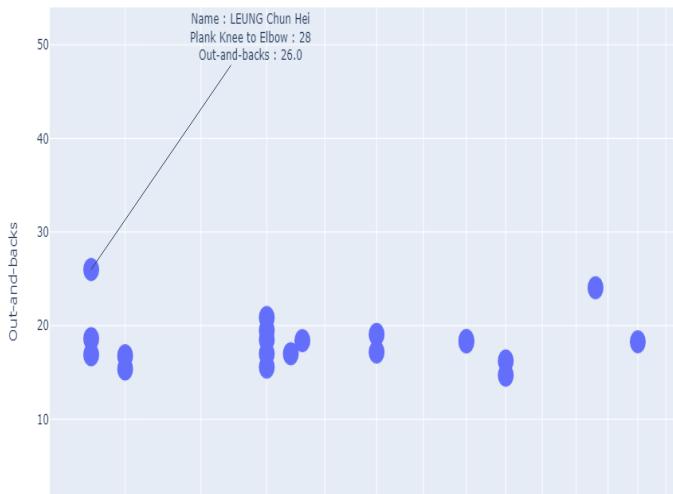
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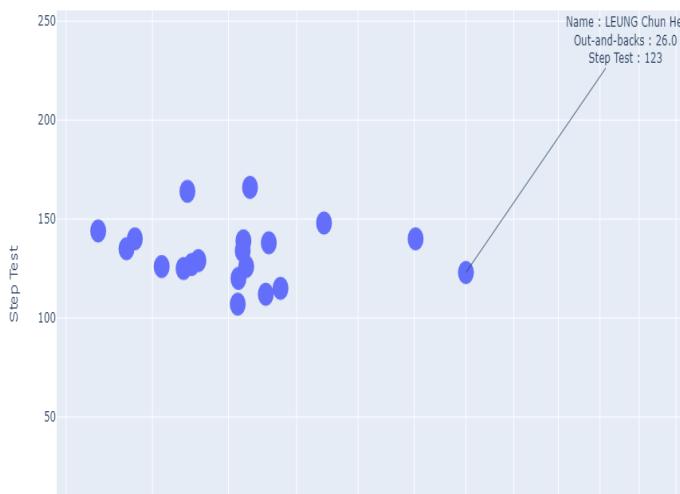
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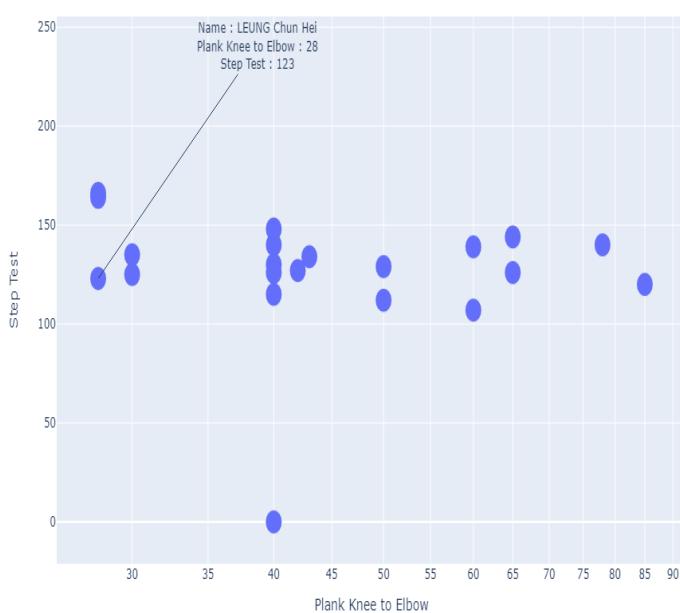
Plank Knee to Elbow VS Out-and-backs



Out-and-backs VS Step Test



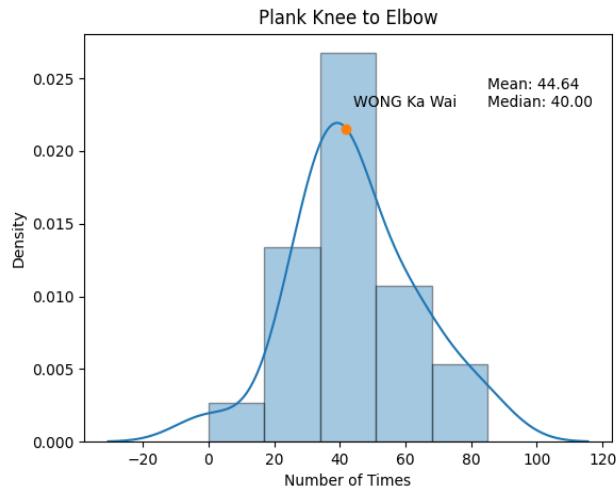
Plank Knee to Elbow VS Step Test



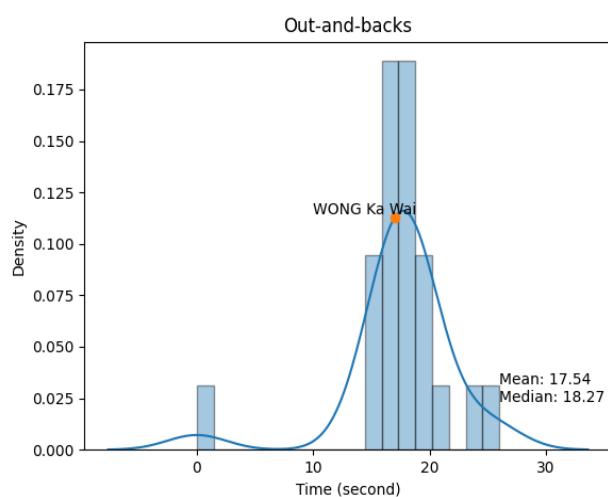
**Name:** WONG Ka Wai

**Class:** 3B

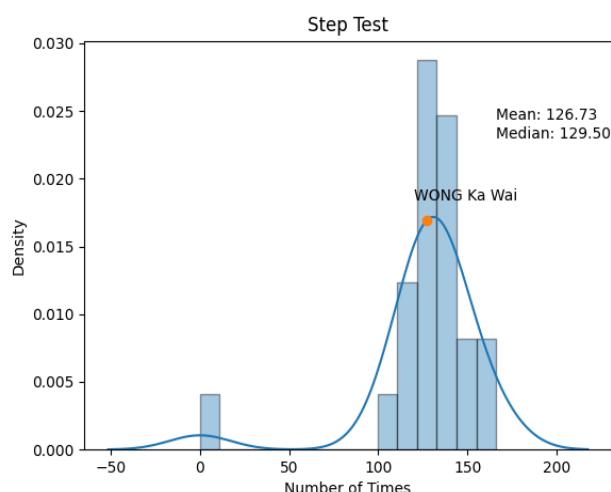
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**Rank:** 10/22



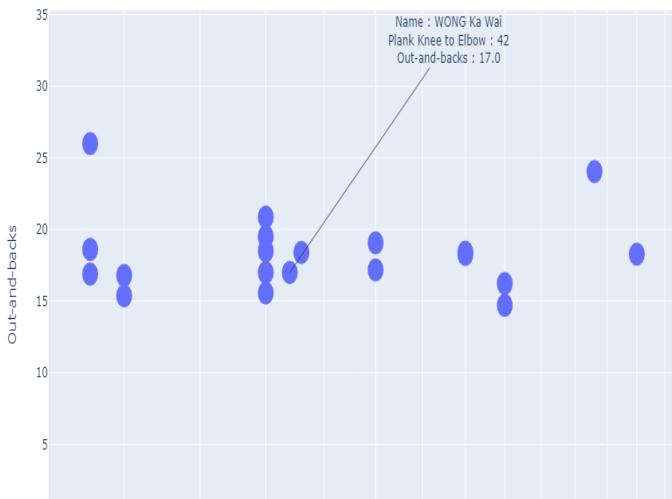
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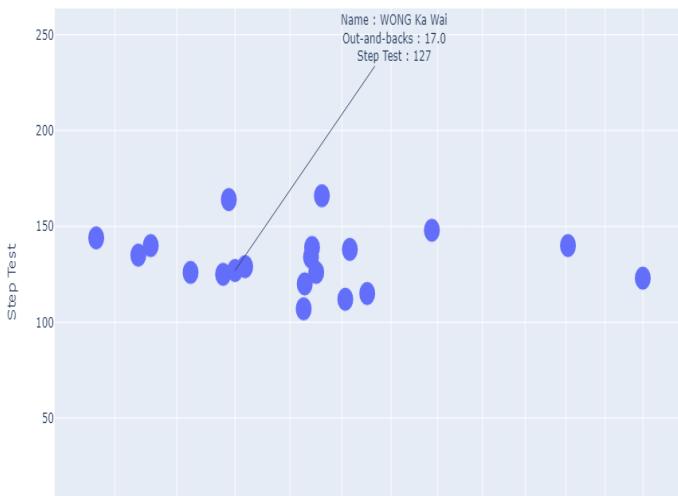
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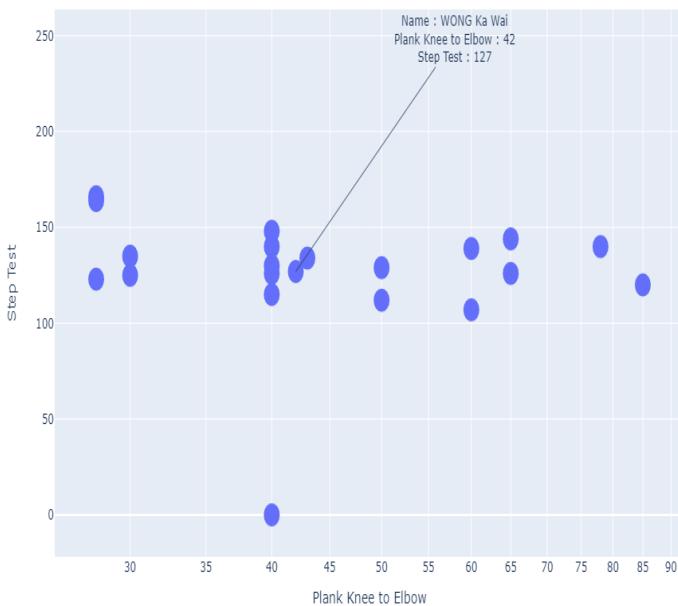
Plank Knee to Elbow VS Out-and-backs



Out-and-backs VS Step Test



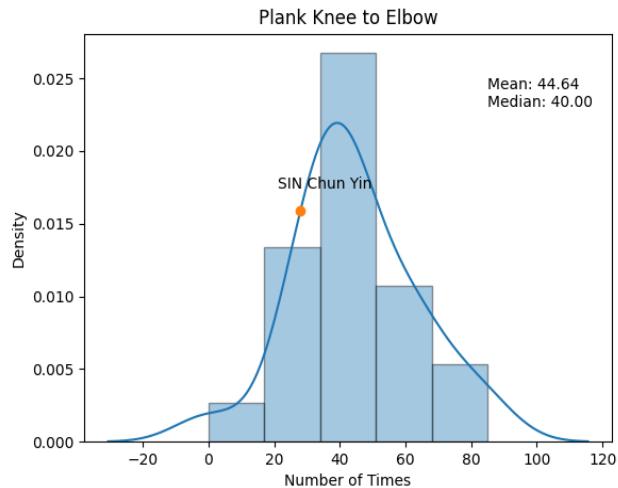
Plank Knee to Elbow VS Step Test



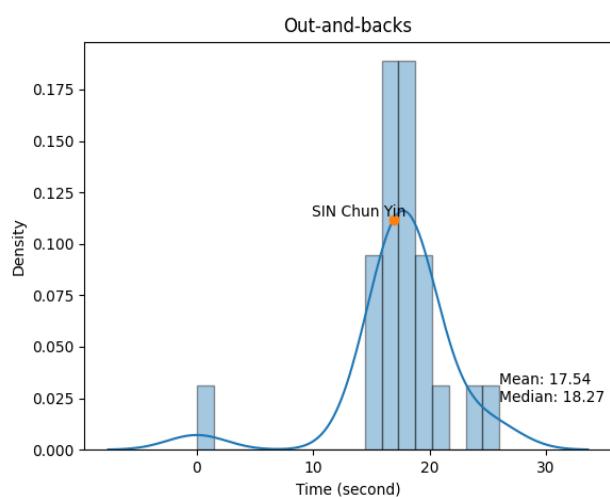
**Name:** SIN Chun Yin

**Class:** 4A

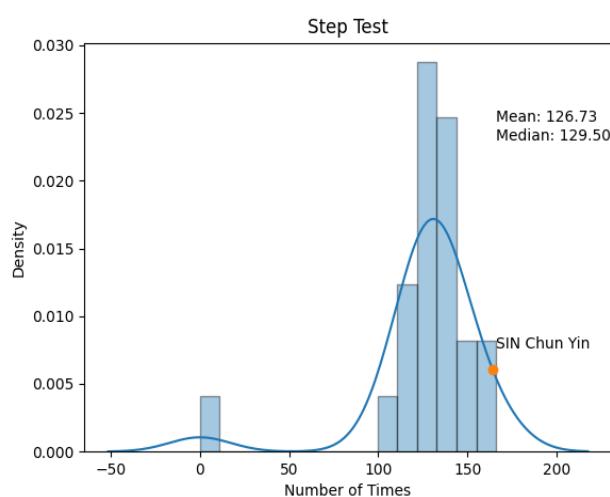
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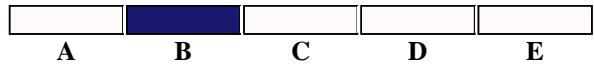
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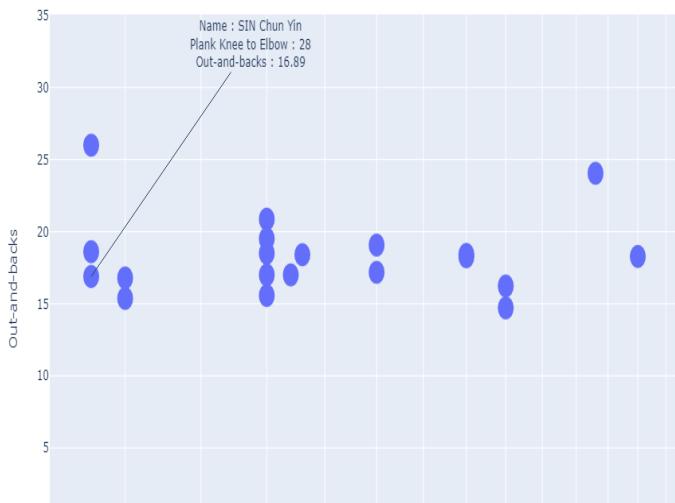
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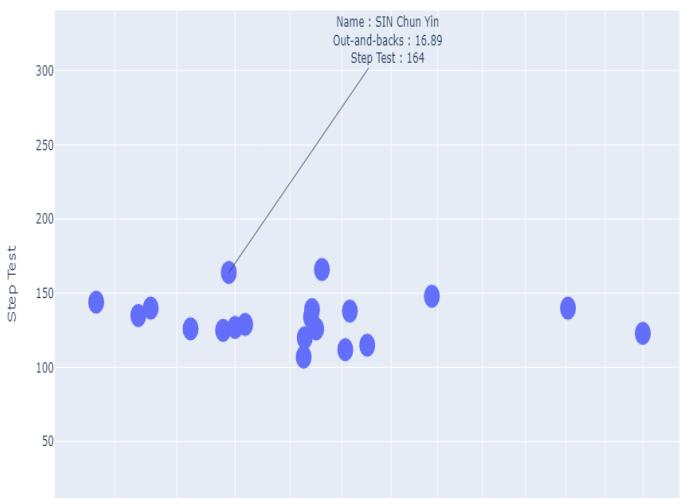
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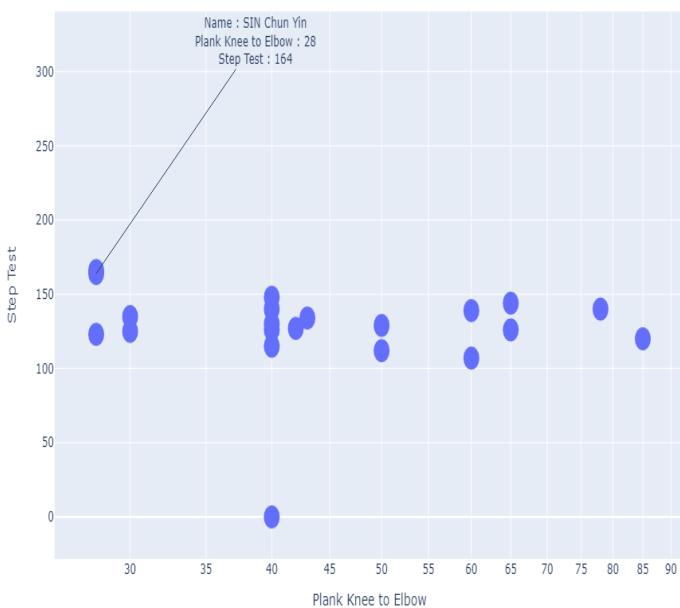
## Plank Knee to Elbow VS Out-and-backs



## Out-and-backs VS Step Test



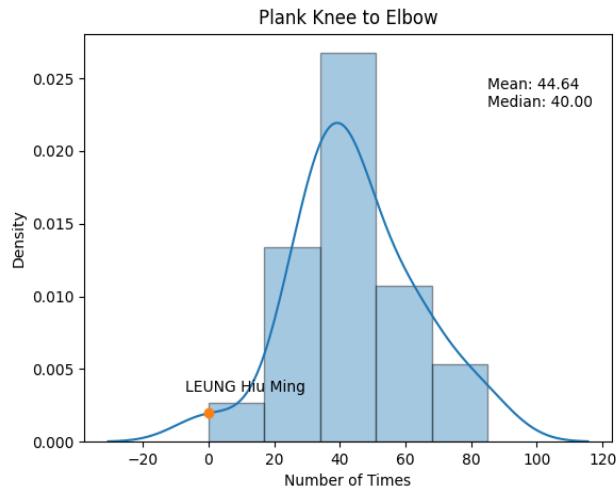
## Plank Knee to Elbow VS Step Test



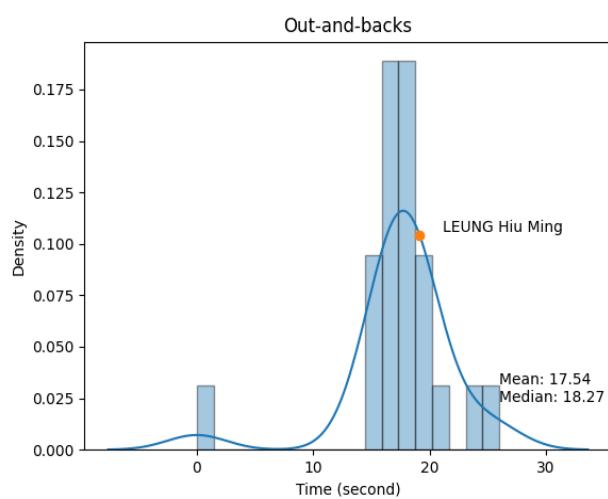
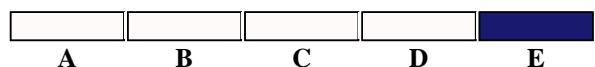
**Name:** LEUNG Hiu Ming

**Class:** NA

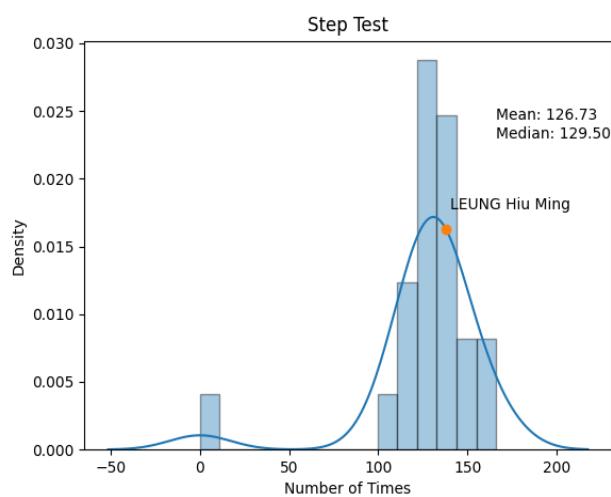
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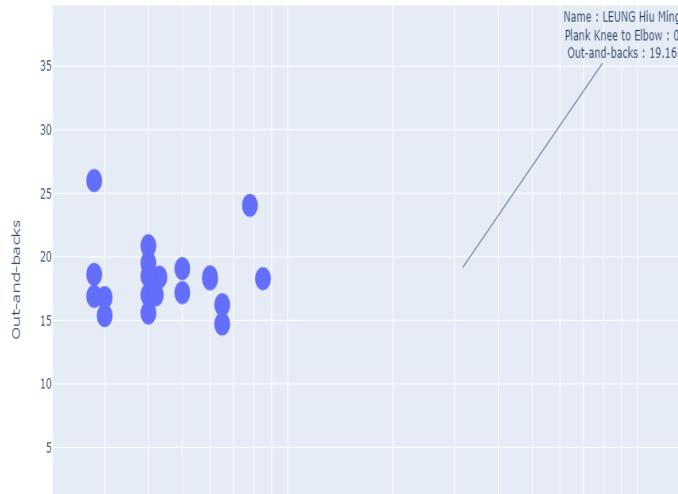
**Rank:** 18/22



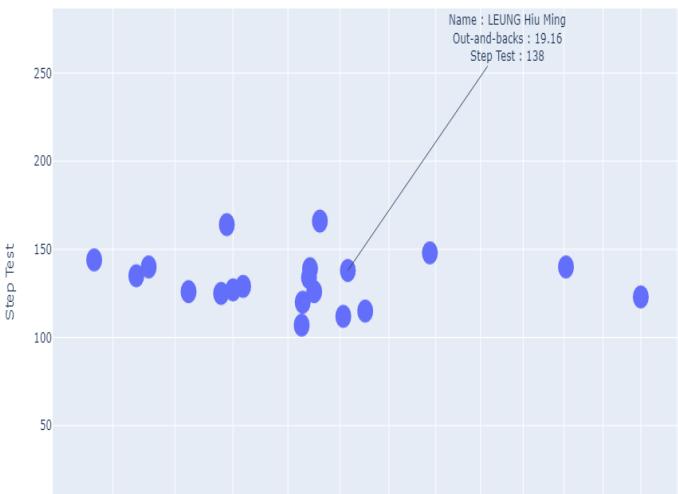
**Rank:** 8/22



Plank Knee to Elbow VS Out-and-backs



Out-and-backs VS Step Test



Plank Knee to Elbow VS Step Test

