

**SECTION : JASPER****DATE : SEPTEMBER 10 2024**

	BMI	3 minute step test	Hamstr ing and hip flexor test	Curls-up	90 degree push-up	Flexed arm support
Bandala	18.4 under weight	<u>  70  </u> bpm	R-60 L-60	15 reps Marginal zone	20 reps High Performa nce zone	22 secs Good Fitness zone
Reoja	18.5 normal weight	<u>  89  </u> bpm	R-60 L-60	5 reps low zone	5 reps Low Zone	15 secs Marginal zone
Regidor- Aaron	18.2 under weight	<u>  82  </u> bpm	R-60 L-60	26 reps Good Fitness zone	25 reps Good Fitness zone	40 secs good fitness zone
Sabado	20.8 normal weight	<u>  74  </u> bpm	R- 60 L- 60	18 reps good fitrness zone	7 reps Low zone	26 secs Good fitness zone
Saglayan	33.6 obesity	<u>  93  </u> bpm	R- 60 L- 60	16 reps Low zone	9 reps Low zone	33 secs High Performa nce zone
Ruales	22.4 normal weight	<u>  79  </u> bpm	R-60 L-60	20 reps good fitrness zone	11 reps Marginal Zone	31 secs High Performa nce zone
Auditor	21 normal weight	<u>  71  </u> bpm	R-60 L-60	20reps good	25 reps High	35sec High

				<b>fitness zone</b>	<b>performa nce zone</b>	<b>Performa nce zone</b>
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