foundation scores for streng	gui piliai exercises assesi	nent one - based on time	- Dasic Ioili Ilistructions	- HOU SUICE	
names	push ups/90	box jumps/90	sit ups /90	plank hold/3min max	seated wall/4min max
alan	36	32	92	02:14	04:00
becky	100	not done	116	achieved	achieved
shane	34	28	52	02:24	acieved
jason	52	22	76	02:28	achieved
paula	75g	not done	75	02:10	90 secs
edwina	36g	not done	60	01:30	achieved
sarah	40	not done	43	02:00	3mins
paul t	32	43	62	02:03	achieved
john m	35	19	47	01:10	02:00
brian o s	43	31	56	achieved	achieved
dave	47	not done	72	achieved	achieved
joanne f	45g	not done	78	01:00	02:30
terry	55	16	81	02:30	01:30
john o g	53	26	65	02:40	achieved
mark jeff	37	38	80	achieved	03:20
liam k	56	28	115	achieved	achieved
laurence	38	not done	60	achieved	02:25
barbara	60g	not done	50	02:10	01:30
greg	36	16	73	02:10	03:00
niel j	61	16	83	02:28	01:00
starting point in assesment	•			ercises and taking a trad	itional aproach -
<i>next assesment - points to i</i> 90 off 90 rest format	improve upon are techni	que ana consistency to ti	ne exericise		
on on so rest follidt					