

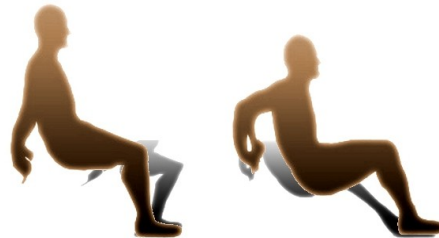
initial tests



AGE	< 40 YEARS	40 - 55 YEARS	> 55 YEARS
RANK *	number of pushups performed		
1	0 - 5	0 - 5	0 - 5
2	6 - 14	6 - 12	6 - 10
3	15 - 29	13 - 24	11 - 19
4	30 - 49	25 - 44	20 - 34
5	50 - 99	45 - 74	35 - 64
6	100 - 150	75 - 124	65 - 99
7	150 & above	125 & above	100 & above



AGE	UNDER 30 YEARS	30 - 39 YEARS	40 AND OVER
RANK *	number of sit-ups performed		
EXCELLENT	over 76	over 71	over 62
VERY GOOD	59 - 76	52 - 71	47 - 61
GOOD	50 - 58	46 - 51	37 - 46
AVERAGE	40 - 49	38 - 45	25 - 36
POOR	0 - 39	0 - 37	0 - 24



AGE	UNDER 30 YEARS	30 - 39 YEARS	40 AND OVER
RANK *	number of dips performed		
5	over 57	over 53	over 45
4	44 - 57	39 - 53	35 - 45
3	37 - 43	34 - 38	28 - 34
2	29 - 36	25 - 33	21 - 27
1	0 - 28	0 - 24	0 - 20



AGE	UNDER 30 YEARS	30 - 39 YEARS	40 AND OVER
RANK *	number of squats performed		
EXCELLENT	over 49	over 41	over 31
VERY GOOD	44 - 49	36 - 41	26 - 31
GOOD	36 - 43	28 - 35	20 - 25
AVERAGE	26 - 35	19 - 27	15 - 19
POOR	0 - 25	0 - 18	0 - 14

RUTINAS DE ENTRENAMIENTO @pedroaguera

WEEK 1.	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Number of SET.												
SET 1.	10	13	13	15	10	13	13	15	11	14	15	17
	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs
SET 2.	12	15	16	18	12	15	16	18	15	19	20	22
	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs
SET 3.	7	9	9	10	8	10	13	15	9	12	13	14
	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs
SET 4.	7	9	9	10	8	10	13	15	9	12	13	14
	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs	60secs
SET 5.	max. at least 9	max. at least 12	max. at least 13	max. at least 14	max. at least 12	max. at least 15	max. at least 16	max. at least 18	max. at least 13	max. at least 16	max. at least 18	max. at least 20
Test RANK:												
	11 – 20 push ups	14 – 16 dips	21 – 30 squats	21 – 30 sit ups	60secs							

WEEK 2.	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Number of SET.												
SET 1.												
SET 2.												
SET 3.												
SET 4.												
SET 5.												
Test RANK:												

