CNU TRACK & FIELD
MAX TESTING RESULTS

		Hang Cleans						Front Squats					
Test Week	Body Weight	1RM	BW%	Weight	Reps	1REM	BW%	1RM	BW%	Weight	Reps	1REM	BW%

		Bench								Bench					
Test Date	Body Weight	1RM	BW%	Weight	Reps	1REM	BW%	Test Date	Body Weight	1RM	BW%	Weight	Reps	1REM	BW%

CNU TRACK & FIELD
MAX TESTING RESULTS

		Full Cleans						Back Squats					
Test Date	Body Weight	1RM	BW%	Weight	Reps	1REM	BW%	1RM	BW%	Weight	Reps	1REM	BW%

Test Date	Body Weight	1RM	BW%	Weight	Reps	1REM	BW%	Test Date	Body Weight	1RM	BW%	Weight	Reps	1REM	BW%