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| **FULL NAME** |  |
| **GROUP** |  |
| **EXERCISE** | **Date** | **FIRST RESULT** | **RANKING & COMMENTS** | **Date** | **SECOND RESULT** | **RANKING & COMMENTS** |
| Cooper test |  |  |  |  |  |  |
| Beep test |  |  |  |  |  |  |
| 1 min sit-ups |  |  |  |  |  |  |
| 1 min push-ups |  |  |  |  |  |  |
| 1 min squats |  |  |  |  |  |  |
| Plank |  |  |  |  |  |  |
| Laid-down sprint |  |  |  |  |  |  |
| Illinois agility test |  |  |  |  |  |  |
| Shoulder mobility |  |  |  |  |  |  |
| Hip mobility |  |  |  |  |  |  |
| Sit and reach |  |  |  |  |  |  |
| Throw and catch |  |  |  |  |  |  |
| Balloon test |  |  |  |  |  |  |
| Flamingo stand |  |  |  |  |  |  |
| V-ups with ball |  |  |  |  |  |  |
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