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# Beat the Computer Pre-Workout Test Sheet

## BFS Camps/Clinics

### Bigger Faster Stronger

Name _____	ID Number _____	Sex _____
Address _____	Weight _____	Height _____
Phone _____	Grade/Period _____	
City, St, Zip _____		
Weekly Workout Schedule _____	Sport _____	Positions _____
Number of Workout Days per Week _____	Sport _____	Positions _____
Short (3 set) or Long (5 set) Workout _____	Sport _____	Positions _____
Number of Weeks in Program _____	Parents' Names _____	
Date to Begin Program _____		

#### Core Lifts

Select a weight for each core lift that is challenging enough to get between 1 and 10 reps on the Bench and Squat exercises, and between 1 and 5 reps on the Hex Bar/Dead Lift and Power Clean

Core Lift _____	# of Reps _____	Weight Lifted _____	Date _____
Parallel Squat	_____	_____	_____
Bench Press	_____	_____	_____
Hex Bar/Dead Lift	_____	_____	_____
Power Clean	_____	_____	_____
Box Squat	_____	_____	_____
Towel Bench	_____	_____	_____

#### Speed and Flexibility

Enter Your Scores in the following events:

Event _____	Score _____	Date _____
20 Yard Dash	_____	_____
40 Yard Dash	_____	_____
Dot Drill	_____	_____
Vertical Jump	_____	_____
Long Jump	_____	_____
Sit and Reach	_____	_____