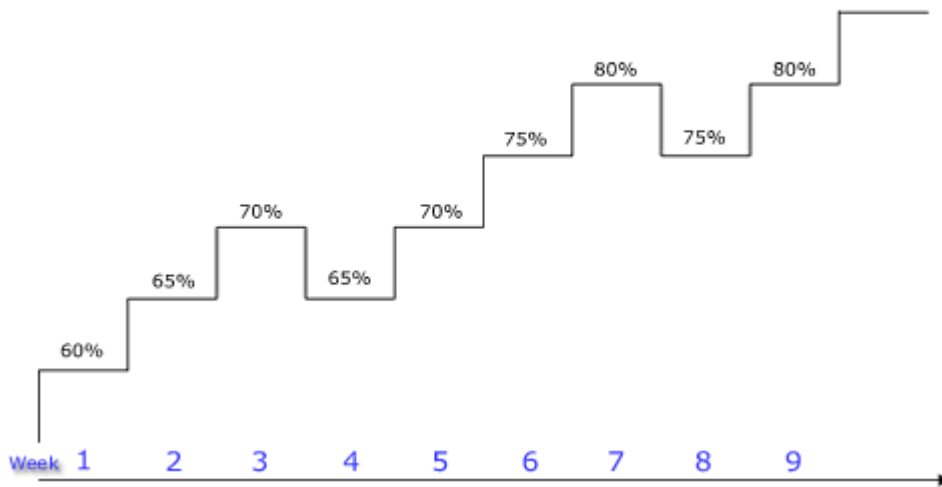


Figure 1 (Barrieu)



Medvedev:

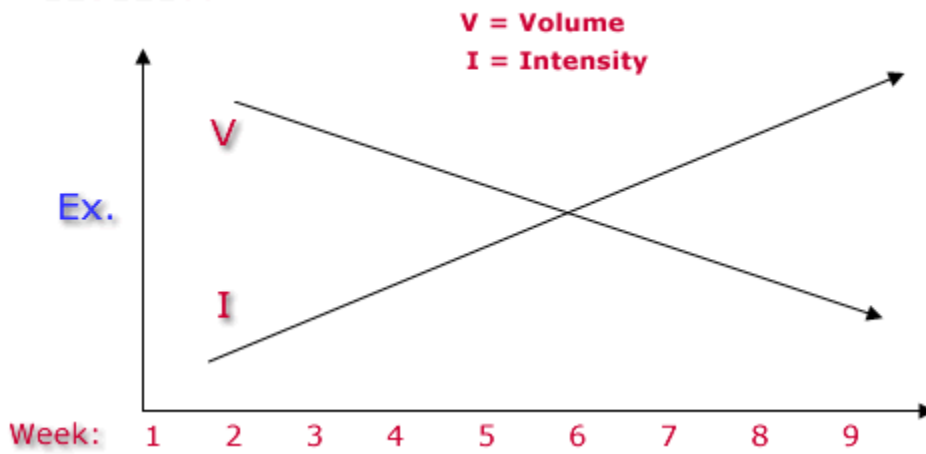


Figure 2 (Wood)
Sit and Reach Scores

rating	men	women
super	> +27	> +30
excellent	+17 to +27	+21 to +30
good	+6 to +16	+11 to +20
average	0 to +5	+1 to +10
fair	-8 to -1	-7 to 0
poor	-19 to -9	-14 to -8
very poor	< -20	< -15

Figure 3 (Wood)
40 Yard Sprint

rating	men	women
very good	< 4.80	< 5.30
good	4.80 - 5.09	5.30 - 5.59
average	5.10 - 5.29	5.60 - 5.89
fair	5.30 - 5.60	5.90 - 6.20
poor	> 5.60	> 6.20

Figure 4 (Wood)
Vertical Jump Test (Sargeant Jump)

rating	males (cm)	females (cm)
excellent	> 70	> 60
very good	61-70	51-60
above average	51-60	41-50
average	41-50	31-40
below average	31-40	21-30
poor	21-30	11-20
very poor	< 21	< 11

Figure 5 (Wood)

MAXIMAL OXYGEN UPTAKE NORMS FOR MEN (ml/kg/min)						
	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20
MAXIMAL OXYGEN UPTAKE NORMS FOR WOMEN (ml/kg/min)						
	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>56	>52	>45	>40	>37	>32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

Figure 6 (Department of Physical Education and Sports Science Loughborough University, 1987)

Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
4	2	26.8	5	2	30.2
4	4	27.6	5	4	31.0
4	6	28.3	5	6	31.8
4	9	29.5	5	9	32.9
Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
6	2	33.6	7	2	37.1
6	4	34.3	7	4	37.8
6	6	35.0	7	6	38.5
6	8	35.7	7	8	39.2
6	10	36.4	7	10	39.9
Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
8	2	40.5	9	2	43.9
8	4	41.1	9	4	44.5
8	6	41.8	9	6	45.2
8	8	42.4	9	8	45.8
8	11	43.3	9	11	46.8
Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
10	2	47.4	11	2	50.8
10	4	48.0	11	4	51.4
10	6	48.7	11	6	51.9
10	8	49.3	11	8	52.5
10	11	50.2	11	10	53.1
			11	12	53.7
Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
12	2	54.3	13	2	57.6
12	4	54.8	13	4	58.2
12	6	55.4	13	6	58.7
12	8	56.0	13	8	59.3
12	10	56.5	13	10	59.8
12	12	57.1	13	13	60.6
Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
14	2	61.1	15	2	64.6
14	4	61.7	15	4	65.1
14	6	62.2	15	6	65.6
14	8	62.7	15	8	66.2
14	10	63.2	15	10	66.7
14	13	64.0	15	13	67.5

Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
16	2	68.0	17	2	71.4
16	4	68.5	17	4	71.9
16	6	69.0	17	6	72.4
16	8	69.5	17	8	72.9
16	10	69.9	17	10	73.4
16	12	70.5	17	12	73.9
16	14	70.9	17	14	74.4

Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
18	2	74.8	19	2	78.3
18	4	75.3	19	4	78.8
18	6	75.8	19	6	79.2
18	8	76.2	19	8	79.7
18	10	76.7	19	10	80.2
18	12	77.2	19	12	80.6
18	15	77.9	19	15	81.3

Level	Shuttle	VO2 Max	Level	Shuttle	VO2 Max
20	2	81.8	21	2	85.2
20	4	82.2	21	4	85.6
20	6	82.6	21	6	86.1
20	8	83.0	21	8	86.5
20	10	83.5	21	10	86.9
20	12	83.9	21	12	87.4
20	14	84.3	21	14	87.8
20	16	84.8	21	16	88.2

Figure 7 - Wheel Test Diagram

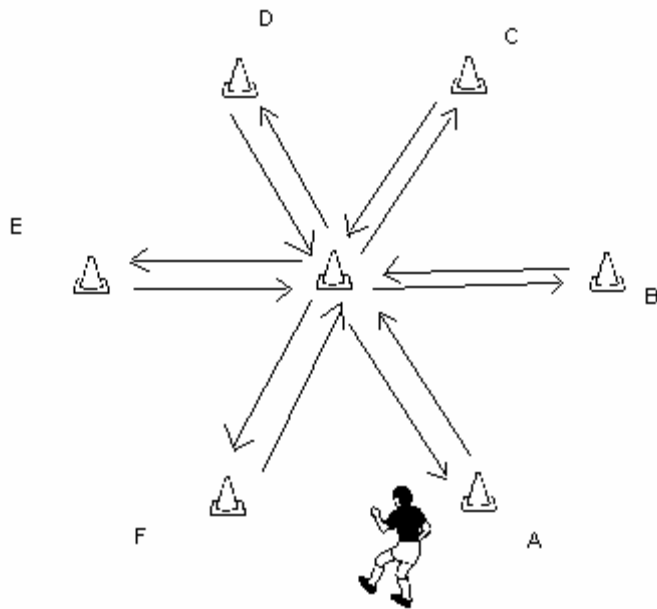


Figure 8 - 20 Yard Agility Test Diagram

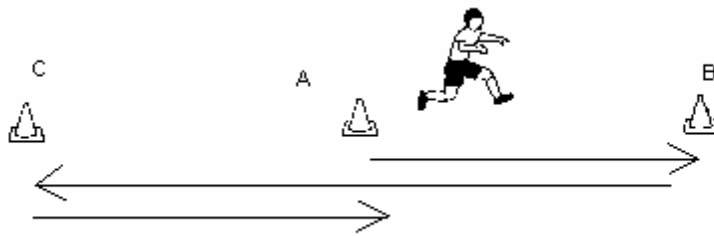


Figure 9 - 40 Yard "T" Test Diagram

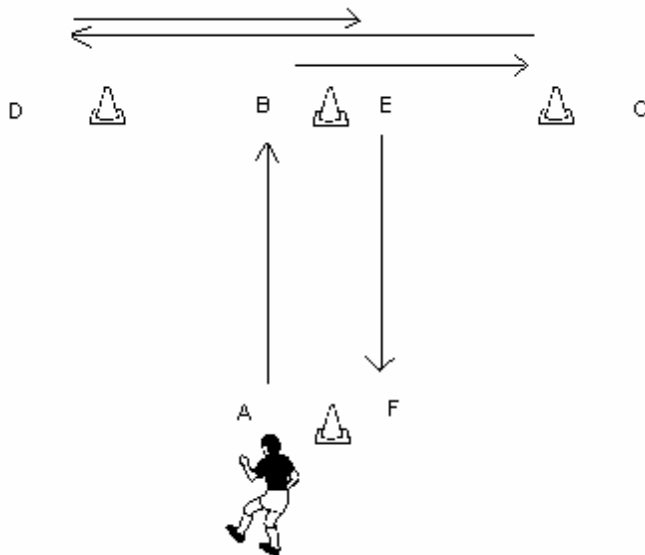


Figure 10

Name				Heart rate		
Test		team rank	score	Before	After	team avg.
Sit & Reach						
20yd Sprint						
	1					
	2					
	3					
40yd Sprint						
	1					
	2					
	3					
Vertical Jump						
3 hop						
	1					
	2					
	3					
Yo-Yo						
wheel						
	1st right					
	2nd right					
	1st left					
	2nd left					
20yd Agility						
	1					
	2					
40 yd "T"						
	1					
	2					
Sit-ups						
Push-ups						
300yds						