



2016/STRONG * START

Let's get Strong and Lean in 2016

Assessment = 6 Rounds of

Upper Body (20 Seconds) Lower Body (20 Seconds) Rest (20 Seconds)

DAY 1

ROUND 1	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 2	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 3	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 4	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 5	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 6	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____

Upper Body Grand Total/ Lower Body Grand Total

DAY 30

ROUND 1	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 2	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 3	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 4	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 5	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____
ROUND 6	Upper Body Repetitions in 20 seconds Lower Body Repetitions in 20 seconds	_____	_____

Upper Body Grand Total/ Lower Body Grand Total
