

F *Fitness First*
H Y R O X
COMMUNITY

YOUR PERSONAL CHART

NAME						
GENDER / AGE						
CLUB						
YOUR PERSONAL BEST	1 st Attempt	2 nd Attempt	3 rd Attempt	4 th Attempt	5 th Attempt	6 th Attempt
1000m Row						
500m Row						
250m Row						
1000m Skrieg						
500m Skrieg						
250m Skrieg						
1000m Run						
800m Run						
400m Run						
200m Run						
Burpee 2 minutes						
Burpee 40 meters						
Burpee 20 meters						