

PALMHEAL STRIKES

1 MINUTE TO COMPLETE

	White - Yellow	Camo – Purple	Blue – BBC	Black Belts
Epic	185	205	225	235
Above Average	165	185	205	225
Average	145	165	185	215
Good	125	145	165	195
Fair	105	125	155	175

FRONT KICKS

1 MINUTE TO COMPLETE

	White - Yellow	Camo – Purple	Blue – BBC	Black Belts
Epic	60	65	70	75
Above Average	50	55	60	65
Average	45	50	55	60
Good	40	45	50	55
Fair	35	40	45	50

SIT-UPS FOR BOYS AND GIRLS

ELBOWS MUST PASS OVER THE KNEES. 1 MINUTE TO COMPLETE

	5 - 7	8-10	11 - 13	14-16	17-29	30+
Epic	29	34	39	42	46	42
Above Average	22	27	32	35	39	34
Average	18	23	28	31	35	30
Good	12	18	24	26	26	24
Fair	6	12	18	21	21	20

*These are Team XSAMA fitness standards for testing