



Bay of Plenty Steamers



Tanerau Latimer (1043)

Evaluation No. : 1003 / 1729

19 October 2005

Forwards Weights Results 19th, 26th September & 3rd October, Tested By Keith Roberts

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FITNESS
EVALUATION

Weight

Weight	96.5	Kg	
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Dumbbell Decline Bench

D/B Decline Bench	4 x 55.0	Reps x Kgs		
Pred D/B Decline Bench 1RM	63	Kgs	Very Good	
D/B Decline Bench % BW	.65	%		

Hack Squat

Hack Squat Facing	4 x 200	Reps x Kgs		
Pred Hack Squat Facing 1RM	227	Kgs	Fair	
Hack Squat Facing % BW	2.35	%		

Short Hang High Pull

Short Hang High Pull	3 x 110.0	Reps x Kgs		
Pred Short Hang High Pull 1RM	122	Kgs	Excellent	
Short Hang High Pull % BW	1.26	%		

Dumbbell Shoulder Press - Standing

DB Shoulder Press Standing	4 x 32.5	Reps x Kgs		
Pred DB Shoulder Press Standing 1RM	37	Kgs	Very Good	
DB Shoulder Press Standing % BW	.38	%		

Quarter Squat Heavy

Quarter Squat Heavy	4 x 250	Reps x Kgs		
Pred Quarter Squat Heavy 1RM	284	Kgs	Excellent	
Quarter Squat Heavy % BW	2.94	%		

Power Shrugs

Power Shrugs	4 x 260.0	Reps x Kgs		
Pred Power Shrugs 1RM	295	Kgs	Excellent	
Power Shrugs % BW	3.06	%		

Bicep Curls

DB Bicep Curls	4 x 30.0	Reps x Kgs		
Pred DB Bicep Curls 1RM	34	Kgs	Excellent	



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FITNESS
EVALUATION

Dips Advanced - 30 Kgs



The Evaluation Software used to produce this report was designed and written by Life is 4 Living Ltd. (www.l4l.co.nz).



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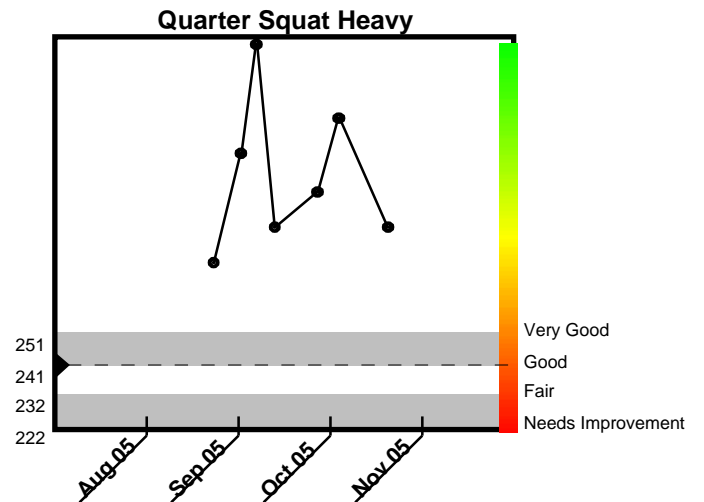
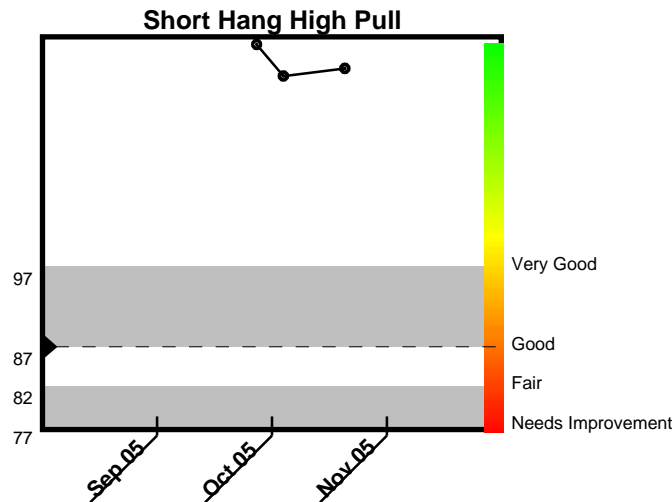
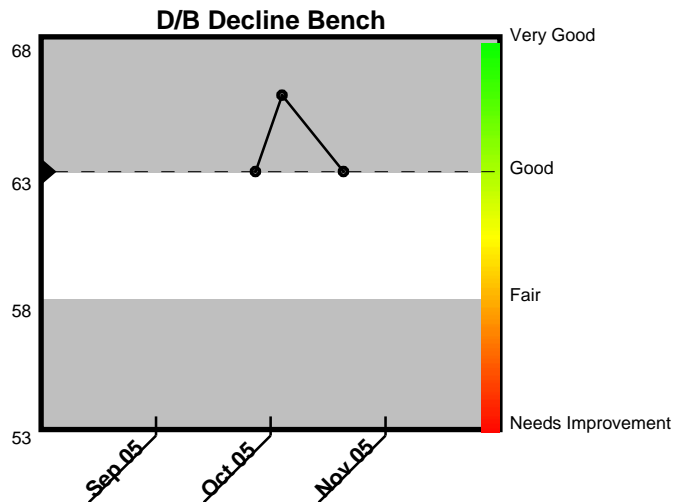
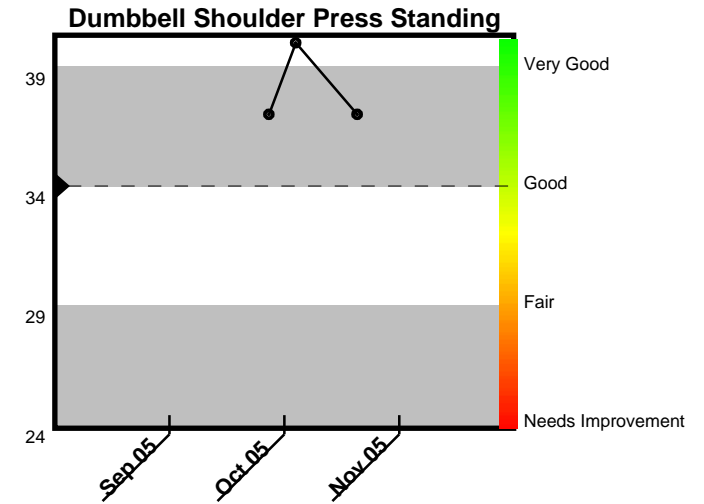
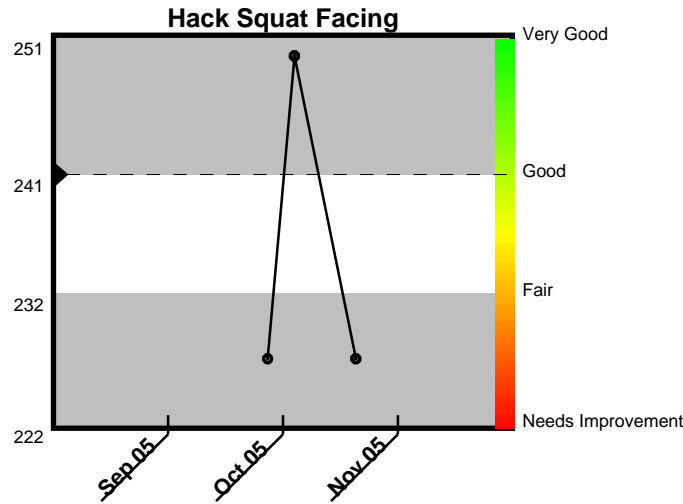
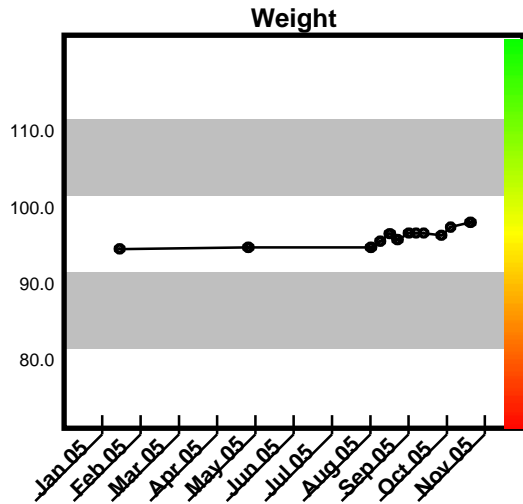
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HISTORICAL
GRAPHS





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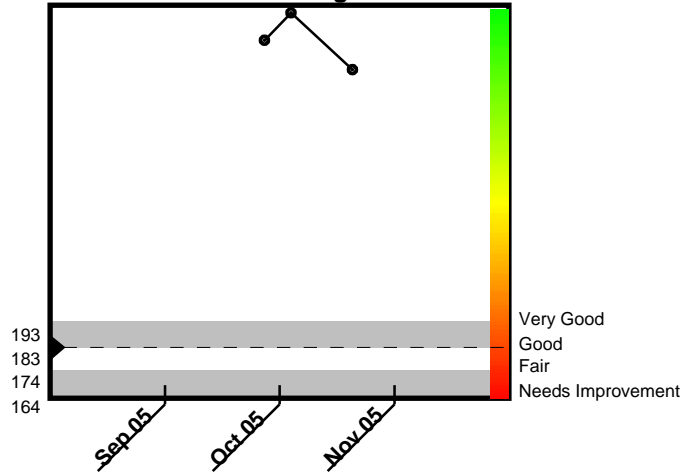
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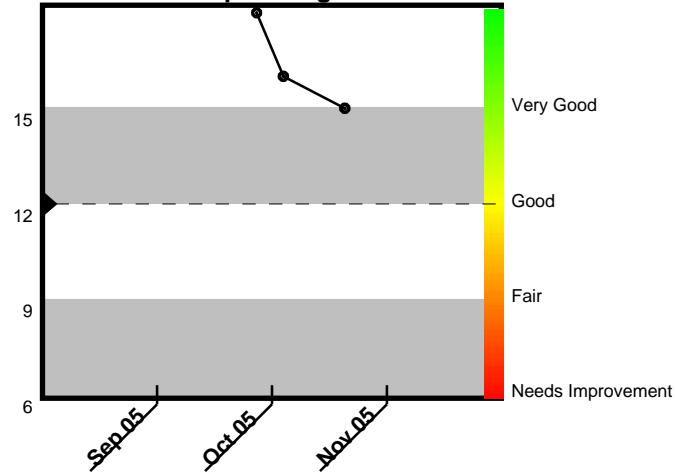
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HISTORICAL
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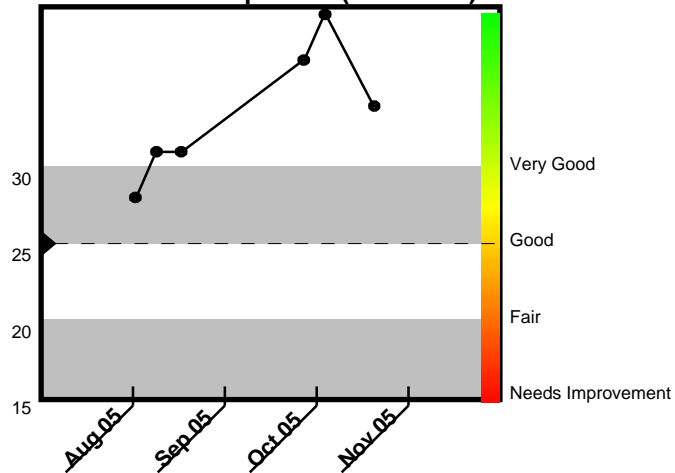
Power Shrugs



Dips 30 Kgs



Dumbbell Bicep Curls (Pred 1RM)



Number of Gains

