



USA CANOE KAYAK - NATIONAL DEVELOPMENT PROGRAM - FITDEX TESTING - DECEMBER 2008



TOTAL NUMBER OF ATHLETES TESTED = 70 (40 MEN / 36 WOMEN)								DNT = DID NOT TEST or DID NOT TABULATE							
LCKC - 28	DOB	STRENGTH BENCH PRESS			STRENGTH BENCH PULL			CHIN UP	BODY	90" MUS. END. B P		90" M. END B PULL		90 sec	1200
ATHLETES		MAX	REPS	pred 1 RM	MAX	REPS	pred 1 RM	MAX	WEIGHT	WT	REPS	WT	REPS	CRL UPS	RUN
WOMEN - 12										40% BW		40% BW			
EMILY VINSON	1989	180	1	180	150	3	165	22	135	65 (50%)	64	65 (50%)	94	39	4:52
MORGAN SMITH	1992	160	1	160	125	3	137	9	145	60	54	60	85	52	5:23
KATELYN DILL	1992	95	3	105	95	3	105	1	145	60	25	60	63	46	5:34
CHELSEA SMITH	1993	125	3	137	125	3	137	10	130	50	57	50	84	59	6:12
CANNIE ASH	1991	105	3	115	120	1	120	7	130	50	60	50	67	62	5:21
MACY DWYER	1992	75	3	82	DNT	DNT	DNT	0	105	40	37	40	54	36	5:58
ANNA CRAWFORD	1991	115	1	115	140	1	140	0	155	65	30	65	50	20	6:33
REBECCA WESTMORELAND	1994	100	3	110	110	3	121	2	125	50	42	50	52	51	5:00
HOLLY SCHILLING	1994	90	3	99	110	3	121	5	135	55	30	55	37	32	6:32
HEATHER LANA	1994	80	3	88	95	3	104	1	125	50	36	50	58	15	DNT
ALISA MACARTHUR	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	5:06
HANNAH ROSE JACKSON	1994	DNT	DNT	DNT	DNT	DNT	DNT	2	130	50	27	50	52	34	6:17
MEN - 16										50% BW		50% BW			
ROBERT FINLAYSON	1988	245	1	245	DNT	DNT	DNT	DNT	185	95	44	95	87	DNT	DNT
RICH STEWART	1988	220	1	220	235	1	235	29	150	75	60	75	56	57	4:11
SHAEFFER SORRELLS	1990	DNT	DNT	DNT	DNT	DNT	DNT	28	DNT	DNT	DNT	DNT	DNT	DNT	4:24
CHRIS MILLER	1991	170	1	170	155	3	170	15	170	85	41	85	58	62	5:34
JARED MACARTHUR	1991	180	1	180	185	3	203	20	160	80	55	80	57	31	3:49
BEN HEFNER	1992	195	3	215	185	3	203	20	190	95	47	95	56	56	4:42
ZACH ROBERTSON	1992	160	3	176	205	1	205	17	175	85	47	85	67	44	4:27
LUKE POTTS	1992	215	1	215	235	1	235	28	150	75	73	75	99	45	4:03
ZACK COPELAND	1992	100	3	110	125	3	137	9	140	70	23	70	49	45	4:52
WILL ROSZEL	1992	185	3	203	220	1	220	19	180	90	60	90	80	62	DNT
ETHAN JACKSON	1992	175	3	195	185	3	203	23	130	65	85	65	110	40	5:18
HEZEKIAH BLACKBURN	1992	175	1	175	205	1	205	21	150	75	48	75	67	39	4:37
JAMES WATSON	1993	130	3	145	145	3	159	6	150	75	29	75	42	24	DNT
TANNER EASTERDAY	1993	120	3	132	145	3	160	12	150	75	34	75	75	37	4:48
RICARDO LOPEZ	1993	160	3	176	165	3	181	19	155	75	42	75	58	41	4:58
BLAKE FOOTE	1994	DNT	DNT	DNT	DNT	DNT	DNT	1	200	75	25	75	42	55	6:03
STANTON COLLINS	1994	140	3	154	140	3	154	15	150	75	42	75	58	49	4:57
DUNCAN HORD	1995	DNT	DNT	DNT	DNT	DNT	DNT	DNT	135	65	45	65	63	34	DNT
GRAHAM ROPER	1995	DNT	DNT	DNT	DNT	DNT	DNT	14	120	60	50	60	80	33	5:45
SCKC - 20															
ATHLETES	DOB	STRENGTH BENCH PRESS			STRENGTH BENCH PULL			CHIN UP	BODY	90" MUS. END. B P		90" M. END B PULL		90 sec	1200
		MAX	REPS	pred 1 RM	MAX	REPS	pred 1 RM	MAX	WEIGHT	WT	TOTAL	WT	TOTAL	CRL UPS	RUN
WOMEN - 12										40% BW		40% BW			
DAPHNE AUSTIN	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	5:03
EVELYN BROWN	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	143	DNT	DNT	DNT	DNT	101	DNT
MIA OVERTON	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	5:00
HANNAH NORD	1994	DNT	DNT	DNT	DNT	DNT	DNT	3	115	50	26	50	46	98	4:34
SAMANTHA MURPHY	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	146	DNT	DNT	60	24	DNT	5:49
LANA CHAPKO	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	106	DNT	DNT	50	29	66	4:57
RITA MCCALL	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	112	50	6	50	23	56	6:09
KARIN NORD	1994	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	100	6:09
ANGELA WANG	1994	DNT	DNT	DNT	DNT	DNT	DNT	4	148	60	30	60	34	102	DNT
CLAIRICE KIM	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	178	70	24	70	30	78	6:05
SARA CORSA	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	127	50	27	50	32	105	5:31
BAILEY NURMIA	1995	DNT	DNT	DNT	DNT	DNT	DNT	0	140	55	32	55	33	120	4:43

