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

ATHLETES - MEN - 52	CLUB	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
											50% BW		50% BW			
ROBERT FINLAYSON	LCKC	1988	245	1	245	DNT	DNT	DNT	DNT	185	95	44	95	87	DNT	DNT
RICH STEWART	LCKC	1988	220	1	220	235	1	235	29	150	75	60	75	56	57	4:11
SHAEFFER SORRELLS	LCKC	1990	DNT	DNT	DNT	DNT	DNT	DNT	28	DNT	DNT	DNT	DNT	DNT	DNT	4:24
CHRIS MILLER	LCKC	1991	170	1	170	155	3	170	15	170	85	41	85	58	62	5:34
JARED MACARTHUR	LCKC	1991	180	1	180	185	3	203	20	160	80	55	80	57	31	3:49
BEN HEFNER	LCKC	1992	195	3	215	185	3	203	20	190	95	47	95	56	56	4:42
ZACH ROBERTSON	LCKC	1992	160	3	176	205	1	205	17	175	85	47	85	67	44	4:27
LUKE POTTS	LCKC	1992	215	1	215	235	1	235	28	150	75	73	75	99	45	4:03
ZACK COPELAND	LCKC	1992	100	3	110	125	3	137	9	140	70	23	70	49	45	4:52
WILL ROSZEL	LCKC	1992	185	3	203	220	1	220	19	180	90	60	90	80	62	DNT
ETHAN JACKSON	LCKC	1992	175	3	195	185	3	203	23	130	65	85	65	110	40	5:18
HEZEKIAH BLACKBURN	LCKC	1992	175	1	175	205	1	205	21	150	75	48	75	67	39	4:37
JAMES WATSON	LCKC	1993	130	3	145	145	3	159	6	150	75	29	75	42	24	DNT
TANNER EASTERDAY	LCKC	1993	120	3	132	145	3	160	12	150	75	34	75	75	37	4:48
RICARDO LOPEZ	LCKC	1993	160	3	176	165	3	181	19	155	75	42	75	58	41	4:58
BLAKE FOOTE	LCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	1	200	75	25	75	42	55	6:03
STANTON COLLINS	LCKC	1994	140	3	154	140	3	154	15	150	75	42	75	58	49	4:57
DUNCAN HORD	LCKC	1995	DNT	DNT	DNT	DNT	DNT	DNT	DNT	135	65	45	65	63	34	DNT
GRAHAM ROPER	LCKC	1995	DNT	DNT	DNT	DNT	DNT	DNT	14	120	60	50	60	80	33	5:45
JEFF CAYTON	SCKC	1993	DNT	DNT	DNT	DNT	DNT	DNT	10	165	80	35	80	37	114	4:07
ERIC ROUX	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	7	122	60	36	60	51	122	3:58
GEORGE WHITE	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	3:59
SAM SCHANTZ	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	199	100	0	100	3	106	6:04
WYATT ETRICK	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	4	135	DNT	DNT	70	22	36	4:19
MAC JAFFE	SCKC	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	216	DNT	DNT	110	11	DNT	5:59
AKIRA MURPHY	SCKC	1995	DNT	DNT	DNT	DNT	DNT	DNT	3	112	55	7	55	20	102	5:02
MALCOLM ROUX	SCKC	1997	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	45	4:42.9
CEDRIC BOND	GIG	1991	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
SCOTT PUCKETT	GIG	1991	140	DNT	154	165	DNT	182	24	147	DNT	37	DNT	41	DNT	4:22
DUSTIN SOUSLEY	GIG	1994	65	DNT	72	95	DNT	105	14	103	DNT	27	DNT	38	109	4:50
BRYCE PAFFILE	GIG	1994	120	DNT	132	160	DNT	176	17	132	DNT	38	DNT	40	112	4:18
ZAC JOHNSON	GIG	1992	125	DNT	138	145	DNT	161	24	128	DNT	46	DNT	41	118	3:58
ISSAC MORSE	GIG	1996	115	DNT	127	120	DNT	132	10	145	DNT	30	DNT	35	101	4:42
KYLE BALES	GIG	1992	135	DNT	149	195	DNT	215	0	228	DNT	13	DNT	20	64	DNT
CHARLES LEWELLEN	GIG	1993	95	DNT	105	130	DNT	143	7	153	DNT	23	DNT	24	106	4:17
NICK HANOIAN	SDCKT	1991	155	3	170	190	1	190	19	150	75	50	75	55	DNT	3:51
RYAN STOCK	SDCKT	1991	225	3	247	220	3	241	14	200	95	45	95	53	61	4:30
SEAN BARLOW	SDCKT	1994	DNT	DNT	DNT	DNT	DNT	DNT	3	145	DNT	DNT	DNT	DNT	78	4:22
OPAL THEODOSSI	SDCKT	1994	DNT	DNT	DNT	DNT	DNT	DNT	0	110	DNT	DNT	DNT	DNT	107	5:55
MIKE HOLMES	SDCKT	1991	DNT	DNT	DNT	DNT	DNT	DNT	8	170	DNT	DNT	DNT	DNT	51	4:25
RYAN PASSAN	SDCKT	1994	135	3	148	120	3	131	4	DNT	DNT	DNT	DNT	DNT	67	5:13
MJ ZAMORA	SDCKT	1996	DNT	DNT	DNT	DNT	DNT	DNT	7	110	DNT	DNT	DNT	DNT	35	4:59
NOA HOPPER	SDCKT	1999	DNT	DNT	DNT	DNT	DNT	DNT	6	66	DNT	DNT	DNT	DNT	78	6;39
CHANDLER JOHNSON	SDCKT	1996	DNT	DNT	DNT	DNT	DNT	DNT	4	DNT	DNT	DNT	DNT	DNT	82	4:32
GUISEPPI ALIOTO	SDCKT	1998	DNT	DNT	DNT	DNT	DNT	DNT	0	105	DNT	DNT	DNT	DNT	40	6:06
IAN ROSS	WCC	1992	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
JAMES CASKIN	HCKT	1991	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
RIDGE SOUZA	HCKT	1991	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
SHAWN KAAHKELE	HCKT	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
CHRIS FONG	HCKT	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
TRENTON TAM	HCKT	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT

JAMES PENTZ	HCKT	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
ALEX CHEUNG	HCKT	1993	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT	DNT
DNT = DID NOT TEST or DID NOT TABULATE																