



Personal Fitness Trainer Course
NAFTA TRAINING DAY 4



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Circuit Training Fundamentals
Module 19




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Circuit Training

- At its core, circuit training is "a method of working out, with higher reps and less weight, with a short burst of cardio in the middle. You move quickly from exercise to exercise with little rest in between."



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3 Main Components

- Cardiovascular Endurance
- Muscular Endurance
- Power/Anaerobic Endurance



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Circuit Training Basics

- Circuit training is a workout that involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time is an effective exercise that can be incorporated into a healthy lifestyle.



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6 Steps to Putting a Circuit Training

1. Set a Time limit or number of rounds
2. Pick an Upper Body Exercise
3. Pick a Lower Body Exercise
4. Pick a Compound Exercise
5. Add in One Minute of Max Effort Cardiovascular
6. Take a One Minute Rest



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Military Fitness and Readiness

It is a 24 hour 7 days per week Commitment!



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Military Physical Fitness Readiness Testing (PRT)

- 5 Elements
 - Upper Body Muscular Endurance
 - Push Ups
 - Dynamic Strength
 - Sit ups or Curl Ups
 - Cardiovascular
 - 1.5 mile run, Walk Test, Swim Test, Bike Test
 - Flexibility
 - Sit and Reach
 - Body Composition
 - Height Weight/Circumference

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Circuit Training and Readiness

- Uses interval and circuit training systems to enhance unit physical fitness and PT test performance
- Design always includes rules of specificity
- Incorporate opposing muscle groups
- Highlights areas of weakness for those who have failed PT test

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Guidelines for Circuit Training

- Awareness of previous PT performance
- Identify levels of fitness Lo-Mod-High
- Assign specific workloads to students
- Assignment of teams, partners, etc.
- Exercise log system
- Circuit demonstration and practice
- Biomechanics emphasized

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Research on Circuit Training

- Review of several research articles:
 - 5% increase in aerobic capacity
 - 1-3.2 kg increase in lean mass
 - 0.8% -2.9% decrease in body fat
 - 7% -32% increase in strength
 - Energy costs=jogging @5mph

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Benefits of Circuit Training

- Participants can work on several components of fitness at the same time. Providing a balanced workout.
- Circuit training provides tremendous variety in an exercise session
- Participants of all fitness and skill levels can work together in a class
- Circuit training can create a variety with basic exercises by varying the circuit model
- Maximizes health and/or fitness gains in an efficient time frame
- Can increase compliance and motivation

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Military Benefits of Circuit Training

- Time
- Convenient
- Space and Equipment
- Spirit de corps
- Cross training
- PT test improvement
- Work at their own fitness level

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Circuit Class Options

- **Unison Circuit** where participants stay in the same location to complete the series of **exercises**
- **Station Circuit** is a set number of "stations" that you repeat until your time runs out, so knowing how much time you have can help you determine how many circuits you'll need to complete and how hard you'll need to work.

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Student Options

- Do as an individual
- Assigned to a team
- Work with a partner of similar fitness level and body weight

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Equipment and Apparatus

- Can enhance strength
- Utilize all possible resistance equipment available
- Adds variety and fun
- Promotes teamwork
- Meets the needs of all fitness levels
- Safety



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Cuing Station Changes

- Prepare for what comes next
- Transitioning
- Stop watch for times stations
- Repetitions for assigned workload
- Command voice, whistle, horn or music



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Format of a 1 Hr Class

- Warm Up 15 minutes
- Circuit 35 minutes
- Cool Down 5 minutes
- Final Stretch 5 minutes



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Calisthenic Exercise Options

- Sit ups
- Curl ups
- Push ups
- Side leg lifts
- Chair dips
- Jumping jacks
- Arm Circles
- Trunk twists



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Cario Exercise Options

- Lunges
- Burpees
- Jumping ropes
- Stepping
- Jumping jacks
- Jog in place
- Marching in place



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Designing Super Circuit

- Select the strength stations
- Use a load of 40% of 1 RM and complete 12-15 reps
- Perform 30-60 seconds of cardio between strength station
- Leg press-jo-bench press-jog-curl ups-jog-lat pull down-tricep press-jog etc...



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Circuit Option 1

- Specify length of time at each station
- For example
 - Perform sit ups for 60 seconds then jog for 60 seconds; proceed to next station
- Signal to change stations may be done with a whistle or variations in music



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Circuit Option 2

- Specify number of repetitions at each station
- For example

• Low fitness level	do 1 set	walk/jog
• Mod fitness level	do 2 sets	jog
• Adv fitness level	do 3 sets	jog/run



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Circuit Option 3

- Use combination time and repetitions
- For example:
 - Perform aerobic phase for 60 seconds and exercises for 20 repetitions



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Circuit Option 4

- Perform exercise in countdown technique
- For example:
 - Begin with 20 repetitions per station.
 - After completing on set reduce number o repetitions to 19 then 18 and so on
 - Progress down to 10 repetitions per station.



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Circuit Option 5

- Perform Aerobics countdown technique
- For example:
 - Jog 8 laps, do station work, jog 6 laps, do station work, jog 4 laps, do station work and so on.



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Circuit Recommendations

- Select exercises that work all major muscle groups
- Arrange the exercises to avoid extreme overload on any one muscle group
- A minimum of 30 seconds between exercise stations
- Work within target HR zone during cardio phase



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Fitness Screening

Module 20



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Fitness Assessments

- Body Composition
- Body Circumference

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Skinfold Measurements

- Remember t get 2 readings at each site

Name	Age	Gender	Site 1	Site 2	Site 3	Sum of 3	%Bodyfat

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Abdominal Circumferences

- Remember to round down to the nearest 1/2 inch. If any of the 3 measures differ by more than 1 inch, take an additional 4th measurement.

Name	Measure 1	Measure 2	Measure 3	Measure 4 (if necessary)	Sum of 3	Divide sum by 3 to obtain abdominal circumference



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Fitness Assessment Sheet

- Cardiovascular
- Muscle fitness
- Body Composition
- Flexibility



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Cardiovascular Testing

Cardiovascular Test	Current Score	Current Score Category
3 Minute Step Test		
1.5 Mile Run		



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Muscular Testing-Dynamic

Muscular Testing	Current Score	Current Score Category
Push up		
Sit Up		



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Muscular Testing-Absolute

Muscular Testing	Current Score	Current Score Category
Bench Press		



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Goal Setting

Fitness Assessment	Current Raw Score	Current Category	Goal Score	Goal Category	#Weeks
Body Composition					
3 Minute Step Test					
1.5 Mile Run					
Push Up					
Sit Up					
Bench					
Sit and Reach					



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Male Under 25

Aerobic Fitness			Body Composition			Muscle Fitness		
1.6 Mile Run Time (min)	Bike Test (W)	Component Points	Abdominal Circumference (Inches)	Component Points	1 minute Pushup (8 Reps)	Component Points	1 minute Crunch (8 Reps)	Component Points
8:27-8:48	34	47.00	32.5	30.00	20	18.00	45	10.00
8:49-10:13	35	47.00	33.00	27.00	60	8.50	62	8.00
10:14-10:38	36	47.00	33.00	26.00	81	8.50	63	8.00
10:39-11:06	37-38	42.00	34.00	22.00	125-88	8.50	48-49	8.00
11:07-11:30	39	42.00	34.00	22.00	150-50	8.50	49-51	8.00
11:31-12:12	40-41	39.00	35.00	22.00	175-45	8.50	52-53	7.00
12:13-14:04	41-42	37.00	36.00	22.00	200-40	8.50	53-55	7.00
14:05-15:18	43	30.00	37.00	21.75	225-35	7.45	55	7.00
15:19-15:48	44	30.00	38.00	21.50	250-30	7.45	56	7.00
15:49-16:24	45	24.00	39.00	21.45	275-25	7.45	57	7.00
16:25-16:54	46	21.00	40.00	21.40	300-20	7.10	58-59	6.00
16:55-17:36	47	18.00	41.00	21.45	325-15	7.00	59-60	6.00
17:37-18:18	48	15.00	42.00	21.00	350-10	6.85	60-61	6.00
18:19-18:42	49	9.00	43.00	20.80	375-5	6.70	61-62	6.00
18:43-20:36	50	0.00	44.00	20.80	400-0	6.55	62	6.00
20:37-21:30	51	0.00	45.00	20.80	425-0	6.40	63	6.00
21:31-22:00	52	0.00	46.00	20.80	450-0	6.25	64	6.00
22:01-22:30	53	0.00	47.00	20.80	475-0	6.10	65	6.00
22:31-23:00	54	0.00	48.00	20.80	500-0	5.95	66	6.00
23:01-23:30	55	0.00	49.00	20.80	525-0	5.80	67	6.00
23:31-24:00	56	0.00	50.00	20.80	550-0	5.65	68	6.00
24:01-24:30	57	0.00	51.00	20.80	575-0	5.50	69	6.00
24:31-25:00	58	0.00	52.00	20.80	600-0	5.35	70	6.00
25:01-25:30	59	0.00	53.00	20.80	625-0	5.20	71	6.00
25:31-26:00	60	0.00	54.00	20.80	650-0	5.05	72	6.00
26:01-26:30	61	0.00	55.00	20.80	675-0	4.90	73	6.00
26:31-27:00	62	0.00	56.00	20.80	700-0	4.75	74	6.00
27:01-27:30	63	0.00	57.00	20.80	725-0	4.60	75	6.00
27:31-28:00	64	0.00	58.00	20.80	750-0	4.45	76	6.00
28:01-28:30	65	0.00	59.00	20.80	775-0	4.30	77	6.00
28:31-29:00	66	0.00	60.00	20.80	800-0	4.15	78	6.00
29:01-29:30	67	0.00	61.00	20.80	825-0	4.00	79	6.00
29:31-30:00	68	0.00	62.00	20.80	850-0	3.85	80	6.00
30:01-30:30	69	0.00	63.00	20.80	875-0	3.70	81	6.00
30:31-31:00	70	0.00	64.00	20.80	900-0	3.55	82	6.00
31:01-31:30	71	0.00	65.00	20.80	925-0	3.40	83	6.00
31:31-32:00	72	0.00	66.00	20.80	950-0	3.25	84	6.00
32:01-32:30	73	0.00	67.00	20.80	975-0	3.10	85	6.00
32:31-33:00	74	0.00	68.00	20.80	1000-0	2.95	86	6.00
33:01-33:30	75	0.00	69.00	20.80	1025-0	2.80	87	6.00
33:31-34:00	76	0.00	70.00	20.80	1050-0	2.65	88	6.00
34:01-34:30	77	0.00	71.00	20.80	1075-0	2.50	89	6.00
34:31-35:00	78	0.00	72.00	20.80	1100-0	2.35	90	6.00
35:01-35:30	79	0.00	73.00	20.80	1125-0	2.20	91	6.00
35:31-36:00	80	0.00	74.00	20.80	1150-0	2.05	92	6.00
36:01-36:30	81	0.00	75.00	20.80	1175-0	1.90	93	6.00
36:31-37:00	82	0.00	76.00	20.80	1200-0	1.75	94	6.00
37:01-37:30	83	0.00	77.00	20.80	1225-0	1.60	95	6.00
37:31-38:00	84	0.00	78.00	20.80	1250-0	1.45	96	6.00
38:01-38:30	85	0.00	79.00	20.80	1275-0	1.30	97	6.00
38:31-39:00	86	0.00	80.00	20.80	1300-0	1.15	98	6.00
39:01-39:30	87	0.00	81.00	20.80	1325-0	1.00	99	6.00
39:31-40:00	88	0.00	82.00	20.80	1350-0	0.85	100	6.00
40:01-40:30	89	0.00	83.00	20.80	1375-0	0.70	101	6.00
40:31-41:00	90	0.00	84.00	20.80	1400-0	0.55	102	6.00
41:01-41:30	91	0.00	85.00	20.80	1425-0	0.40	103	6.00
41:31-42:00	92	0.00	86.00	20.80	1450-0	0.25	104	6.00
42:01-42:30	93	0.00	87.00	20.80	1475-0	0.10	105	6.00
42:31-43:00	94	0.00	88.00	20.80	1500-0	0.00	106	6.00
43:01-43:30	95	0.00	89.00	20.80	1525-0	0.00	107	6.00
43:31-44:00	96	0.00	90.00	20.80	1550-0	0.00	108	6.00
44:01-44:30	97	0.00	91.00	20.80	1575-0	0.00	109	6.00
44:31-45:00	98	0.00	92.00	20.80	1600-0	0.00	110	6.00
45:01-45:30	99	0.00	93.00	20.80	1625-0	0.00	111	6.00
45:31-46:00	100	0.00	94.00	20.80	1650-0	0.00	112	6.00
46:01-46:30	101	0.00	95.00	20.80	1675-0	0.00	113	6.00
46:31-47:00	102	0.00	96.00	20.80	1700-0	0.00	114	6.00
47:01-47:30	103	0.00	97.00	20.80	1725-0	0.00	115	6.00
47:31-48:00	104	0.00	98.00	20.80	1750-0	0.00	116	6.00
48:01-48:30	105	0.00	99.00	20.80	1775-0	0.00	117	6.00
48:31-49:00	106	0.00	100.00	20.80	1800-0	0.00	118	6.00
49:01-49:30	107	0.00	101.00	20.80	1825-0	0.00	119	6.00
49:31-50:00	108	0.00	102.00	20.80	1850-0	0.00	120	6.00
50:01-50:30	109	0.00	103.00	20.80	1875-0	0.00	121	6.00
50:31-51:00	110	0.00	104.00	20.80	1900-0	0.00	122	6.00
51:01-51:30	111	0.00	105.00	20.80	1925-0	0.00	123	6.00
51:31-52:00	112	0.00	106.00	20.80	1950-0	0.00	124	6.00
52:01-52:30	113	0.00	107.00	20.80	1975-0	0.00	125	6.00
52:31-53:00	114	0.00	108.00	20.80	2000-0	0.00	126	6.00
53:01-53:30	115	0.00	109.00	20.80	2025-0	0.00	127	6.00
53:31-54:00	116	0.00	110.00	20.80	2050-0	0.00	128	6.00
54:01-54:30	117	0.00	111.00	20.80	2075-0	0.00	129	6.00
54:31-55:00	118	0.00	112.00	20.80	2100-0	0.00	130	6.00
55:01-55:30	119	0.00	113.00	20.80	2125-0	0.00	131	6.00
55:31-56:00	120	0.00	114.00	20.80	2150-0	0.00	132	6.00
56:01-56:30	121	0.00	115.00	20.80	2175-0	0.00	133	6.00
56:31-57:00	122	0.00	116.00	20.80	2200-0	0.00	134	6.00
57:01-57:30	123	0.00	117.00	20.80	2225-0	0.00	135	6.00
57:31-58:00	124	0.00	118.00	20.80	2250-0	0.00	136	6.00
58:01-58:30	125	0.00	119.00	20.80	2275-0	0.00	137	6.00
58:31-59:00	126	0.00	120.00	20.80	2300-0	0.00	138	6.00
59:01-59:30	127	0.00	121.00	20.80	2325-0	0.00	139	6.00
59:31-60:00	128	0.00	122.00	20.80	2350-0	0.00	140	6.00
60:01-60:30	129	0.00	123.00	20.80	2375-0	0.00	141	6.00
60:31-61:00	130	0.00	124.00	20.80	2400-0	0.00	142	6.00
61:01-61:30	131	0.00	125.00	20.80	2425-0	0.00	143	6.00
61:31-62:00	132	0.00	126.00	20.80	2450-0	0.00	144	6.00
62:01-62:30	133	0.00	127.00	20.80	2475-0	0.00	145	6.00
62:31-63:00	134	0.00	128.00	20.80	2500-0	0.00	146	6.00
63:01-63:30	135	0.00	129.00	20.80	2525-0	0.00	147	6.00
63:31-64:00	136	0.00	130.00	20.80	2550-0	0.00	148	6.00
64:01-64:30	137	0.00	131.00	20.80	2575-0	0.00	149	6.00
64:31-65:00	138	0.00	132.00	20.80	2600-0	0.00	150	6.00
65:01-65:30	139	0.00	133.00	20.80	2625-0	0.00	151	6.00
65:31-66:00	140	0.00	134.00	20.80	2650-0	0.00	152	6.00
66:01-66:30	141	0.00	135.00	20.80	2675-0	0.00	153	6.00
66:31-67:00	142	0.00	136.00	20.80	2700-0	0.00	154	6.00
67:01-67:30	143	0.00	137.00	20.80	2725-0	0.00	155	6.00
67:31-68:00	144	0.00	138.00	20.80	2750-0	0.00	156	6.00
68:01-68:30	145	0.00	139.00	20.80	2775-0	0.00	157	6.00
68:31-69:00	146	0.00	140.00	20.80	2800-0	0.00	158	6.00
69:01-69:30	147	0.00	141.00	20.80	2825-0	0.00	159	6.00
69:31-70:00	148	0.00	142.00	20.80	2850-0	0.00	160	6.00
70:01-70:30	149	0.00	143.00	20.80	2875-0	0.00	161	6.00
70:31-71:00	150	0.00	144.00	20.80	2900-0	0.00	162	6.00
71:01-71:30	151	0.00	145.00	20.80	2925-0	0.00	163	6.00
71:31-72:00	152	0.00	146.00	20.80	2950-0	0.00	164	6.00
72:01-72:30	153	0.00	147.00	20.80	2975-0	0.00	165	6.00
72:31-73:00	154	0.00	148.00	20.80	3000-0	0.00	166	6.00
73:01-73:30	155	0.00	149.00	20.80	3025-0	0.00	167	6.00
73:31-74:00	156	0.00	150.00	20.80	3050-0	0.00	168	6.00
74:01-74:30	157	0.00	151.00	20.80	3075-0	0.00	169	6.00
74:31-75:00	158	0.00	152.00	20.80	3100-0	0.00	170	6.00
75:01-75:30	159	0.00	153.00	20.80	3125-0	0.00	171	6.00
75:31-76:00	160	0.00	154.00	20.80	3150-0	0.00	172	6.00
76:01-76:30	161	0.00	155.00	20.80	3175-0	0.00	173	6.00
76:31-77:00	162	0.00	156.00	20.80	3200-0	0.00	174	6.00
77:01-77:30	163	0.00	157.00	20.80	3225-0	0.00	175	

Females 25-29

Aerobic Fitness			Body Composition		Muscle Fitness			
1.6 Mile Run (Time min)	5 R.R. Test (VO ₂)	Component (Points)	Abdominal Circumference (Inches)	Component (Points)	1 Minute Pushup (# Reps)	Component (Points)	1 Minute Crunch (# Reps)	Component (Points)
11:52-11:55	42	47.00	22.5	30.00	24	10.00	22	10.00
11:56-11:59	43	47.00	23.0	29.75	40	9.75	46	9.50
11:59-12:02	44	46.75	23.5	29.50	56	9.50	62	9.25
12:01-12:04	45	46.50	24.0	29.25	72	9.25	78	9.00
12:05-12:08	46	46.25	24.5	29.00	88	9.00	94	8.75
12:09-12:12	47	46.00	25.0	28.75	104	8.75	110	8.50
12:13-12:16	48	45.75	25.5	28.50	120	8.50	126	8.25
12:17-12:20	49	45.50	26.0	28.25	136	8.25	142	8.00
12:21-12:24	50	45.25	26.5	28.00	152	8.00	158	7.75
12:25-12:28	51	45.00	27.0	27.75	168	7.75	174	7.50
12:29-12:32	52	44.75	27.5	27.50	184	7.50	190	7.25
12:33-12:36	53	44.50	28.0	27.25	200	7.25	206	7.00
12:37-12:40	54	44.25	28.5	27.00	216	7.00	222	6.75
12:41-12:44	55	44.00	29.0	26.75	232	6.75	238	6.50
12:45-12:48	56	43.75	29.5	26.50	248	6.50	254	6.25
12:49-12:52	57	43.50	30.0	26.25	264	6.25	270	6.00
12:53-12:56	58	43.25	30.5	26.00	280	6.00	286	5.75
12:57-12:59	59	43.00	31.0	25.75	296	5.75	302	5.50
12:59-12:59	60	42.75	31.5	25.50	312	5.50	318	5.25
13:00-13:00	61	42.50	32.0	25.25	328	5.25	334	5.00
13:01-13:01	62	42.25	32.5	25.00	344	5.00	350	4.75
13:02-13:02	63	42.00	33.0	24.75	360	4.75	366	4.50
13:03-13:03	64	41.75	33.5	24.50	376	4.50	382	4.25
13:04-13:04	65	41.50	34.0	24.25	392	4.25	398	4.00
13:05-13:05	66	41.25	34.5	24.00	408	4.00	414	3.75
13:06-13:06	67	41.00	35.0	23.75	424	3.75	430	3.50
13:07-13:07	68	40.75	35.5	23.50	440	3.50	446	3.25
13:08-13:08	69	40.50	36.0	23.25	456	3.25	462	3.00
13:09-13:09	70	40.25	36.5	23.00	472	3.00	478	2.75
13:10-13:10	71	40.00	37.0	22.75	488	2.75	494	2.50
13:11-13:11	72	39.75	37.5	22.50	504	2.50	510	2.25
13:12-13:12	73	39.50	38.0	22.25	520	2.25	526	2.00
13:13-13:13	74	39.25	38.5	22.00	536	2.00	542	1.75
13:14-13:14	75	39.00	39.0	21.75	552	1.75	558	1.50
13:15-13:15	76	38.75	39.5	21.50	568	1.50	574	1.25
13:16-13:16	77	38.50	40.0	21.25	584	1.25	590	1.00
13:17-13:17	78	38.25	40.5	21.00	600	1.00	606	0.75
13:18-13:18	79	38.00	41.0	20.75	616	0.75	622	0.50
13:19-13:19	80	37.75	41.5	20.50	632	0.50	638	0.25
13:20-13:20	81	37.50	42.0	20.25	648	0.25	654	0.00
13:21-13:21	82	37.25	42.5	20.00	664	0.00	670	0.00
13:22-13:22	83	37.00	43.0	19.75	680	0.00	686	0.00
13:23-13:23	84	36.75	43.5	19.50	696	0.00	702	0.00
13:24-13:24	85	36.50	44.0	19.25	712	0.00	718	0.00
13:25-13:25	86	36.25	44.5	19.00	728	0.00	734	0.00
13:26-13:26	87	36.00	45.0	18.75	744	0.00	750	0.00
13:27-13:27	88	35.75	45.5	18.50	760	0.00	766	0.00
13:28-13:28	89	35.50	46.0	18.25	776	0.00	782	0.00
13:29-13:29	90	35.25	46.5	18.00	792	0.00	798	0.00
13:30-13:30	91	35.00	47.0	17.75	808	0.00	814	0.00
13:31-13:31	92	34.75	47.5	17.50	824	0.00	830	0.00
13:32-13:32	93	34.50	48.0	17.25	840	0.00	846	0.00
13:33-13:33	94	34.25	48.5	17.00	856	0.00	862	0.00
13:34-13:34	95	34.00	49.0	16.75	872	0.00	878	0.00
13:35-13:35	96	33.75	49.5	16.50	888	0.00	894	0.00
13:36-13:36	97	33.50	50.0	16.25	904	0.00	910	0.00
13:37-13:37	98	33.25	50.5	16.00	920	0.00	926	0.00
13:38-13:38	99	33.00	51.0	15.75	936	0.00	942	0.00
13:39-13:39	100	32.75	51.5	15.50	952	0.00	958	0.00
13:40-13:40	101	32.50	52.0	15.25	968	0.00	974	0.00
13:41-13:41	102	32.25	52.5	15.00	984	0.00	990	0.00
13:42-13:42	103	32.00	53.0	14.75	1000	0.00	1006	0.00
13:43-13:43	104	31.75	53.5	14.50	1016	0.00	1022	0.00
13:44-13:44	105	31.50	54.0	14.25	1032	0.00	1038	0.00
13:45-13:45	106	31.25	54.5	14.00	1048	0.00	1054	0.00
13:46-13:46	107	31.00	55.0	13.75	1064	0.00	1070	0.00
13:47-13:47	108	30.75	55.5	13.50	1080	0.00	1086	0.00
13:48-13:48	109	30.50	56.0	13.25	1096	0.00	1102	0.00
13:49-13:49	110	30.25	56.5	13.00	1112	0.00	1118	0.00
13:50-13:50	111	30.00	57.0	12.75	1128	0.00	1134	0.00
13:51-13:51	112	29.75	57.5	12.50	1144	0.00	1150	0.00
13:52-13:52	113	29.50	58.0	12.25	1160	0.00	1166	0.00
13:53-13:53	114	29.25	58.5	12.00	1176	0.00	1182	0.00
13:54-13:54	115	29.00	59.0	11.75	1192	0.00	1198	0.00
13:55-13:55	116	28.75	59.5	11.50	1208	0.00	1214	0.00
13:56-13:56	117	28.50	60.0	11.25	1224	0.00	1230	0.00
13:57-13:57	118	28.25	60.5	11.00	1240	0.00	1246	0.00
13:58-13:58	119	28.00	61.0	10.75	1256	0.00	1262	0.00
13:59-13:59	120	27.75	61.5	10.50	1272	0.00	1278	0.00
14:00-14:00	121	27.50	62.0	10.25	1288	0.00	1294	0.00
14:01-14:01	122	27.25	62.5	10.00	1304	0.00	1310	0.00
14:02-14:02	123	27.00	63.0	9.75	1320	0.00	1326	0.00
14:03-14:03	124	26.75	63.5	9.50	1336	0.00	1342	0.00
14:04-14:04	125	26.50	64.0	9.25	1352	0.00	1358	0.00
14:05-14:05	126	26.25	64.5	9.00	1368	0.00	1374	0.00
14:06-14:06	127	26.00	65.0	8.75	1384	0.00	1390	0.00
14:07-14:07	128	25.75	65.5	8.50	1400	0.00	1406	0.00
14:08-14:08	129	25.50	66.0	8.25	1416	0.00	1422	0.00
14:09-14:09	130	25.25	66.5	8.00	1432	0.00	1438	0.00
14:10-14:10	131	25.00	67.0	7.75	1448	0.00	1454	0.00
14:11-14:11	132	24.75	67.5	7.50	1464	0.00	1470	0.00
14:12-14:12	133	24.50	68.0	7.25	1480	0.00	1486	0.00
14:13-14:13	134	24.25	68.5	7.00	1496	0.00	1502	0.00
14:14-14:14	135	24.00	69.0	6.75	1512	0.00	1518	0.00
14:15-14:15	136	23.75	69.5	6.50	1528	0.00	1534	0.00
14:16-14:16	137	23.50	70.0	6.25	1544	0.00	1550	0.00
14:17-14:17	138	23.25	70.5	6.00	1560	0.00	1566	0.00
14:18-14:18	139	23.00	71.0	5.75	1576	0.00	1582	0.00
14:19-14:19	140	22.75	71.5	5.50	1592	0.00	1598	0.00
14:20-14:20	141	22.50	72.0	5.25	1608	0.00	1614	0.00
14:21-14:21	142	22.25	72.5	5.00	1624	0.00	1630	0.00
14:22-14:22	143	22.00	73.0	4.75	1640	0.00	1646	0.00
14:23-14:23	144	21.75	73.5	4.50	1656	0.00	1662	0.00
14:24-14:24	145	21.50	74.0	4.25	1672	0.00	1678	0.00
14:25-14:25	146	21.25	74.5	4.00	1688	0.00	1694	0.00
14:26-14:26	147	21.00	75.0	3.75	1704	0.00	1710	0.00
14:27-14:27	148	20.75	75.5	3.50	1720	0.00	1726	0.00
14:28-14:28	149	20.50	76.0	3.25	1736	0.00	1742	0.00
14:29-14:29	150	20.25	76.5	3.00	1752	0.00	1758	0.00
14:30-14:30	151	20.00	77.0	2.75	1768	0.00	1774	0.00
14:31-14:31	152	19.75	77.5	2.50	1784	0.00	1790	0.00
14:32-14:32	153	19.50	78.0	2.25	1800	0.00	1806	0.00
14:33-14:33	154	19.25	78.5	2.00	1816	0.00	1822	0.00
14:34-14:34	155	19.00	79.0	1.75	1832	0.00	1838	0.00
14:35-14:35	156	18.75	79.5	1.50	1848	0.00	1854	0.00
14:36-14:36	157	18.50	80.0	1.25	1864	0.00	1870	0.00
14:37-14:37	158	18.25	80.5	1.00	1880	0.00	1886	0.00
14:38-14:38	159	18.00	81.0	0.75	1896	0.00	1902	0.00
14:39-14:39	160	17.75	81.5	0.50	1912	0.00	1918	0.00
14:40-14:40	161	17.50	82.0	0.25	1928	0.00	1934	0.00
14:41-14:41	162	17.25	82.5	0.00	1944	0.00	1950	0.00
14:42-14:42	163	17.00	83.0	0.00	1960	0.00	1966	0.00
14:43-14:43	164	16.75	83.5	0.00	1976	0.00	1982	0.00
14:44-14:44	165	16.50	84.0	0.00	1992	0.00	1998	0.00
14:45-14:45	166	16.25	84.5	0.00	2008	0.00	2014	0.00
14:46-14:46	167	16.00	85.0	0.00	2024	0.00	2030	0.00
14:47-14:47	168	15.75	85.5	0.00	2040	0.00	2046	0.00
14:48-14:48	169	15.50	86.0	0.00	2056	0.00	2062	0.00
14:49-14:49	170	15.25	86.5	0.00	2072	0.00	2078	0.00
14:50-14:50	171	15.00	87.0	0.00	2088	0.00	2094	0.00
14:51-14:51	172	14.75	87.5	0.00	2104	0.00		

Females 55+

Aerobic Fitness			Body Composition		Muscle Fitness			
1.6 Miles Run 15 Mins (min)	10kms 1/2 hr (min)	Component Points	Abdominal Circumference Waist (inches)	Component Points	Leisure 1/4 Mile (min)	Component Points	Handgrip Strength (kg)	Component Points
4:12.54	32.7	81.00	29.5	30.00	8.4	0.00	27	0.00
4:25-14.54	35	77.00	29.5	28.75	13	0.00	27	0.00
14:25-15:14	35	77.00	30.00	27.50	18	0.00	35	0.00
15:15-16:24	35.5-4	63.00	30.00	26.25	10.11	0.00	33.24	0.75
16:25-17:34	36	49.00	31.00	25.00	6	0.00	32.52	0.50
17:35-18:44	36	40.00	31.00	23.75	7.8	0.00	32.20	0.25
18:45-19:54	36	31.00	32.00	22.50	6	0.00	31.51	0.00
19:55-21:04	36	22.00	33.00	21.25	6	0.00	31.19	0.00
21:05-22:14	37	13.00	33.00	20.00	7	0.00	30.13	0.00
22:15-23:24	37	4.00	34.00	18.75	7	0.00	30.11	0.00
23:25-24:34	38	0.00	35.00	17.50	1	0.00	29.8	0.00
24:35-25:44	38	0.00	35.00	16.25	0	0.00	29.7	0.00
25:45-26:54	38	0.00	35.00	15.00	0	0.00	29.6	0.00
26:55-28:04	38	0.00	35.00	13.75	0	0.00	29.5	0.00
28:05-29:14	39	0.00	35.00	12.50	0	0.00	29.4	0.00
29:15-30:24	39	0.00	35.00	11.25	0	0.00	29.3	0.00
30:25-31:34	39	0.00	35.00	10.00	0	0.00	29.2	0.00
31:35-32:44	39	0.00	35.00	8.75	0	0.00	29.1	0.00
32:45-33:54	39	0.00	35.00	7.50	0	0.00	29.0	0.00
33:55-35:04	39	0.00	35.00	6.25	0	0.00	28.9	0.00
35:05-36:14	39	0.00	35.00	5.00	0	0.00	28.8	0.00
36:15-37:24	39	0.00	35.00	3.75	0	0.00	28.7	0.00
37:25-38:34	39	0.00	35.00	2.50	0	0.00	28.6	0.00
38:35-39:44	39	0.00	35.00	1.25	0	0.00	28.5	0.00
39:45-40:54	39	0.00	35.00	0.00	0	0.00	28.4	0.00
40:55-42:04	39	0.00	35.00	0.00	0	0.00	28.3	0.00
42:05-43:14	39	0.00	35.00	0.00	0	0.00	28.2	0.00
43:15-44:24	39	0.00	35.00	0.00	0	0.00	28.1	0.00
44:25-45:34	39	0.00	35.00	0.00	0	0.00	28.0	0.00
45:35-46:44	39	0.00	35.00	0.00	0	0.00	27.9	0.00
46:45-47:54	39	0.00	35.00	0.00	0	0.00	27.8	0.00
47:55-49:04	39	0.00	35.00	0.00	0	0.00	27.7	0.00
49:05-50:14	39	0.00	35.00	0.00	0	0.00	27.6	0.00
50:15-51:24	39	0.00	35.00	0.00	0	0.00	27.5	0.00
51:25-52:34	39	0.00	35.00	0.00	0	0.00	27.4	0.00
52:35-53:44	39	0.00	35.00	0.00	0	0.00	27.3	0.00
53:45-54:54	39	0.00	35.00	0.00	0	0.00	27.2	0.00
54:55-56:04	39	0.00	35.00	0.00	0	0.00	27.1	0.00
56:05-57:14	39	0.00	35.00	0.00	0	0.00	27.0	0.00
57:15-58:24	39	0.00	35.00	0.00	0	0.00	26.9	0.00
58:25-59:34	39	0.00	35.00	0.00	0	0.00	26.8	0.00
59:35-60:44	39	0.00	35.00	0.00	0	0.00	26.7	0.00
60:45-61:54	39	0.00	35.00	0.00	0	0.00	26.6	0.00
61:55-63:04	39	0.00	35.00	0.00	0	0.00	26.5	0.00
63:05-64:14	39	0.00	35.00	0.00	0	0.00	26.4	0.00
64:15-65:24	39	0.00	35.00	0.00	0	0.00	26.3	0.00
65:25-66:34	39	0.00	35.00	0.00	0	0.00	26.2	0.00
66:35-67:44	39	0.00	35.00	0.00	0	0.00	26.1	0.00
67:45-68:54	39	0.00	35.00	0.00	0	0.00	26.0	0.00
68:55-70:04	39	0.00	35.00	0.00	0	0.00	25.9	0.00
70:05-71:14	39	0.00	35.00	0.00	0	0.00	25.8	0.00
71:15-72:24	39	0.00	35.00	0.00	0	0.00	25.7	0.00
72:25-73:34	39	0.00	35.00	0.00	0	0.00	25.6	0.00
73:35-74:44	39	0.00	35.00	0.00	0	0.00	25.5	0.00
74:45-75:54	39	0.00	35.00	0.00	0	0.00	25.4	0.00
75:55-77:04	39	0.00	35.00	0.00	0	0.00	25.3	0.00
77:05-78:14	39	0.00	35.00	0.00	0	0.00	25.2	0.00
78:15-79:24	39	0.00	35.00	0.00	0	0.00	25.1	0.00
79:25-80:34	39	0.00	35.00	0.00	0	0.00	25.0	0.00
80:35-81:44	39	0.00	35.00	0.00	0	0.00	24.9	0.00
81:45-82:54	39	0.00	35.00	0.00	0	0.00	24.8	0.00
82:55-84:04	39	0.00	35.00	0.00	0	0.00	24.7	0.00
84:05-85:14	39	0.00	35.00	0.00	0	0.00	24.6	0.00
85:15-86:24	39	0.00	35.00	0.00	0	0.00	24.5	0.00
86:25-87:34	39	0.00	35.00	0.00	0	0.00	24.4	0.00
87:35-88:44	39	0.00	35.00	0.00	0	0.00	24.3	0.00
88:45-89:54	39	0.00	35.00	0.00	0	0.00	24.2	0.00
89:55-91:04	39	0.00	35.00	0.00	0	0.00	24.1	0.00
91:05-92:14	39	0.00	35.00	0.00	0	0.00	24.0	0.00
92:15-93:24	39	0.00	35.00	0.00	0	0.00	23.9	0.00
93:25-94:34	39	0.00	35.00	0.00	0	0.00	23.8	0.00
94:35-95:44	39	0.00	35.00	0.00	0	0.00	23.7	0.00
95:45-96:54	39	0.00	35.00	0.00	0	0.00	23.6	0.00
96:55-98:04	39	0.00	35.00	0.00	0	0.00	23.5	0.00
98:05-99:14	39	0.00	35.00	0.00	0	0.00	23.4	0.00
99:15-100:24	39	0.00	35.00	0.00	0	0.00	23.3	0.00
100:25-101:34	39	0.00	35.00	0.00	0	0.00	23.2	0.00
101:35-102:44	39	0.00	35.00	0.00	0	0.00	23.1	0.00
102:45-103:54	39	0.00	35.00	0.00	0	0.00	23.0	0.00
103:55-105:04	39	0.00	35.00	0.00	0	0.00	22.9	0.00
105:05-106:14	39	0.00	35.00	0.00	0	0.00	22.8	0.00
106:15-107:24	39	0.00	35.00	0.00	0	0.00	22.7	0.00
107:25-108:34	39	0.00	35.00	0.00	0	0.00	22.6	0.00
108:35-109:44	39	0.00	35.00	0.00	0	0.00	22.5	0.00
109:45-110:54	39	0.00	35.00	0.00	0	0.00	22.4	0.00
110:55-112:04	39	0.00	35.00	0.00	0	0.00	22.3	0.00
112:05-113:14	39	0.00	35.00	0.00	0	0.00	22.2	0.00
113:15-114:24	39	0.00	35.00	0.00	0	0.00	22.1	0.00
114:25-115:34	39	0.00	35.00	0.00	0	0.00	22.0	0.00
115:35-116:44	39	0.00	35.00	0.00	0	0.00	21.9	0.00
116:45-117:54	39	0.00	35.00	0.00	0	0.00	21.8	0.00
117:55-119:04	39	0.00	35.00	0.00	0	0.00	21.7	0.00
119:05-120:14	39	0.00	35.00	0.00	0	0.00	21.6	0.00
120:15-121:24	39	0.00	35.00	0.00	0	0.00	21.5	0.00
121:25-122:34	39	0.00	35.00	0.00	0	0.00	21.4	0.00
122:35-123:44	39	0.00	35.00	0.00	0	0.00	21.3	0.00
123:45-124:54	39	0.00	35.00	0.00	0	0.00	21.2	0.00
124:55-126:04	39	0.00	35.00	0.00	0	0.00	21.1	0.00
126:05-127:14	39	0.00	35.00	0.00	0	0.00	21.0	0.00
127:15-128:24	39	0.00	35.00	0.00	0	0.00	20.9	0.00
128:25-129:34	39	0.00	35.00	0.00	0	0.00	20.8	0.00
129:35-130:44	39	0.00	35.00	0.00	0	0.00	20.7	0.00
130:45-131:54	39	0.00	35.00	0.00	0	0.00	20.6	0.00
131:55-133:04	39	0.00	35.00	0.00	0	0.00	20.5	0.00
133:05-134:14	39	0.00	35.00	0.00	0	0.00	20.4	0.00
134:15-135:24	39	0.00	35.00	0.00	0	0.00	20.3	0.00
135:25-136:34	39	0.00	35.00	0.00	0	0.00	20.2	0.00
136:35-137:44	39	0.00	35.00	0.00	0	0.00	20.1	0.00
137:45-138:54	39	0.00	35.00	0.00	0	0.00	20.0	0.00
138:55-140:04	39	0.00	35.00	0.00	0	0.00	19.9	0.00
140:05-141:14	39	0.00	35.00	0.00	0	0.00	19.8	0.00
141:15-142:24	39	0.00	35.00	0.00	0	0.00	19.7	0.00
142:25-143:34	39	0.00	35.00	0.00	0	0.00	19.6	0.00
143:35-144:44	39	0.00	35.00	0.00	0	0.00	19.5	0.00
144:45-145:54	39	0.00	35.00	0.00	0	0.00	19.4	0.00
145:55-147:04	39	0.00	35.00	0.00	0	0.00	19.3	0.00
147:05-148:14	39	0.00	35.00	0.00	0	0.00	19.2	0.00
148:15-149:24	39	0.00	35.00	0.00	0	0.00	19.1	0.00
149:25-150:34	39	0.00	35.00	0.00	0	0.00	19.0	0.00
150:35-151:44	39	0.00	35.00	0.00	0	0.00	18.9	0.00
151:45-152:54	39	0.00	35.00	0.00	0	0.00	18.8	0.00
152:55-154:04	39	0.00	35.00	0.00	0	0.00	18.7	0.00
154:05-155:14	39	0.00	35.00	0.00	0	0.00	18.6	0.00
155:15-156:24	39	0.00	35.00	0.00	0	0.00	18.5	0.00
156:25-157:34	39	0.00	35.00	0.00	0	0.00	18.4	0.00
157:35-158:44	39	0.00	35.00	0.00	0	0.00	18.3	0.00
158:45-159:54	39	0.00	35.00	0.00	0	0.00	18.2	0.00
159:55-161:04	39	0.00	35.00	0.00	0	0.00	18.1	0.00
161:05-162:14	39	0.00	35.00	0.00	0	0.00	18.0	0.00
162:15-163:24	39	0.00	35.00	0.00	0	0.00	17.9	0.00
163:25-164:34	39	0.00	35.00	0.00	0	0.00	17.8	0.00
164:35-165:44	39	0.00	35.00	0.00	0	0.00	17.7	0.00
165:45-166:54	39	0.00	35.00	0.00	0	0.00	17.6	0.00
166:55-168:04	39	0.00	35.00	0.00	0	0.00	17.5	0.00
168:05-								