

CMBC Camp Testing

June 2023

Strength

Total

	<u>Pullups</u>	<u>Pullupsx3</u>	<u>Pushups</u>	<u>Situps</u>	<u>Box Jumps</u>	<u>Dips</u>	
Aidan	21	63	54	43	58	69	287
Yuri	16	48	66	49	0	69	232
Colton	15	45	47	44	0	80	216
Bode	7	21	44	41	42	51	199
Soren	4	12	33	42	52	40	179
Davis	4	12	31	40	42	43	168
Dylan	10	30	32	31	32	31	156
Luke	5	15	30	34	33	23	135
Wylie	1	3	25	37	35	30	130
Maren	0	0	20	27	35	25	107

*Canadian Test adds all single scores plus 3x the pullup score to make the total

<http://smsxc.blogspot.com/2013/09/canadian-strength-testing.html>