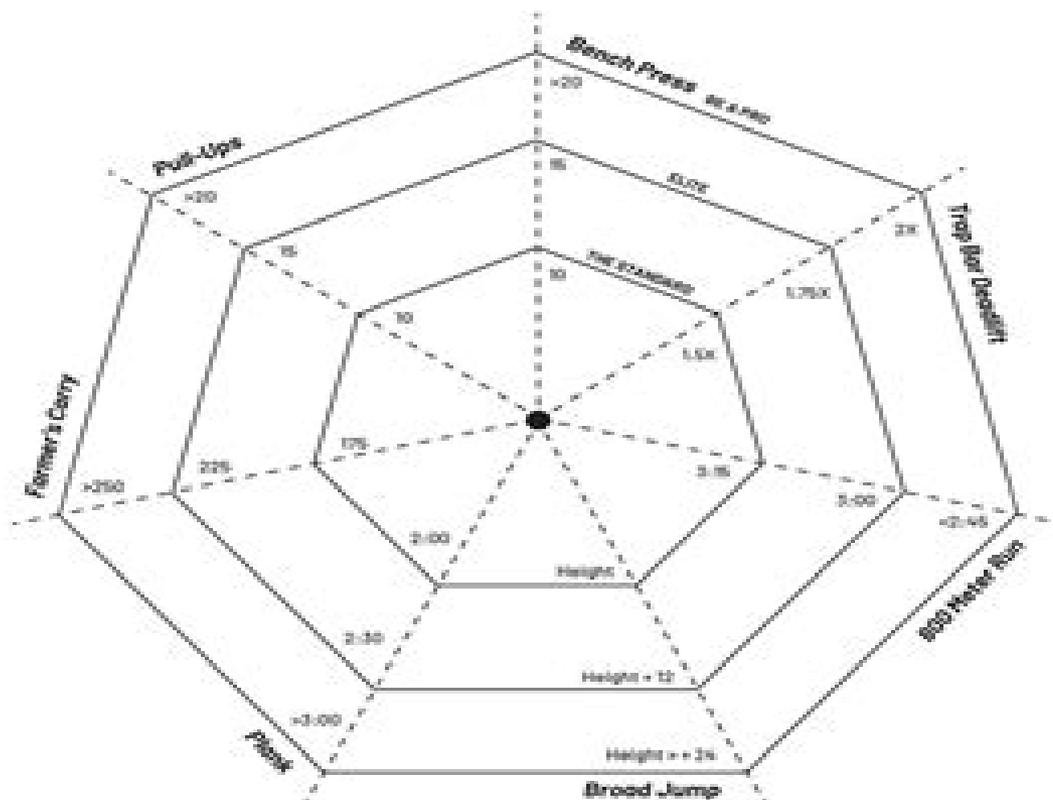


PERFORMANCE STANDARDS



NAME: _____

Broad Jump (Height = inches for Distance)
Bench Press (BW for Reps)
Pull-ups (Reps)
Trap Bar Deadlift (BW X % for 5 Reps)
Plank (Time)
Farmer's Carry (BW for Distance in Feet)
800 Meter Run (Time)

	THE STANDARD	ELITE	BE A PRO
Height	10	15	>20
Height = 12	10	15	>20
Height = 24	10	15	>20
1.5X	1.5X	1.75X	2X
2:00	2:00	2:30	<3:00
175	175	225	>250
3:15	3:15	3:00	<2:45

BW = BODYWEIGHT



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Group Performance And Interaction:

The Enigmatic Realm of **Group Performance And Interaction**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Group Performance And Interaction** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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