

Multi-Test Comparison

Name: **Sample Man**

The Heart Place

Male, 47.9 years

Test	Aug1993	Aug1999
% Fat	35	16
Max VO2	33	45
Sit & Reach	13	16
Ankle	75	0
Situps	22	45
Pushups	12	30
Leg Press	150	365
Grip	45	75

