

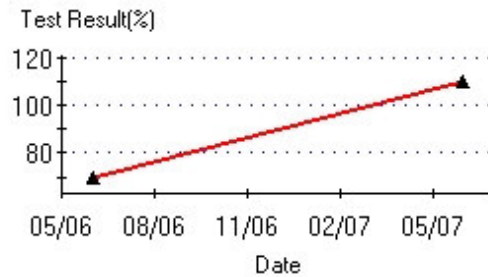
Fitness Tests Summary

Printed on 03-06-2007

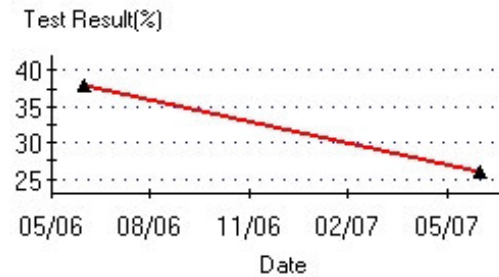
Client: **JUST TRACKING - JUST ASK YOURTRAINER**

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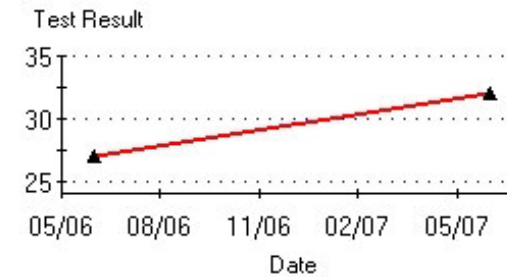
Bench Press (Efficiency comparison)



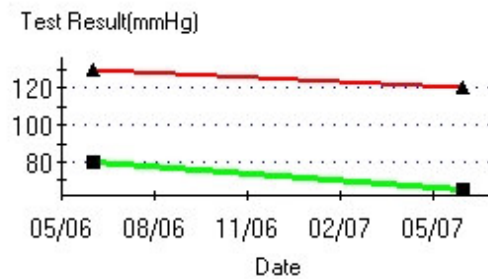
Body Fat



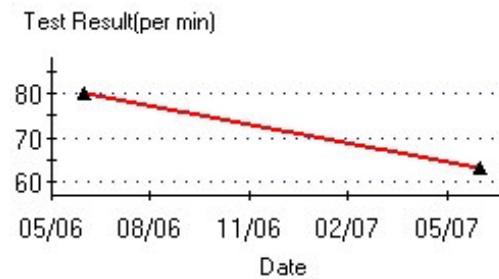
VO2 Level



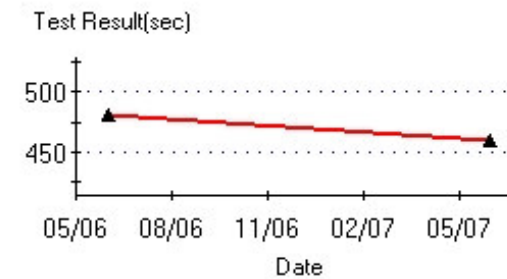
Blood Pressure



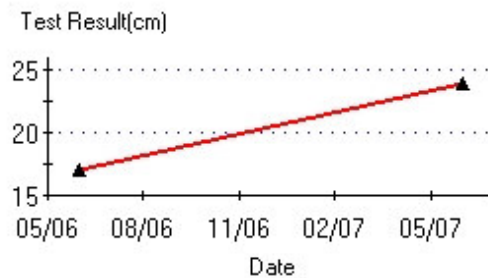
Resting Pulse



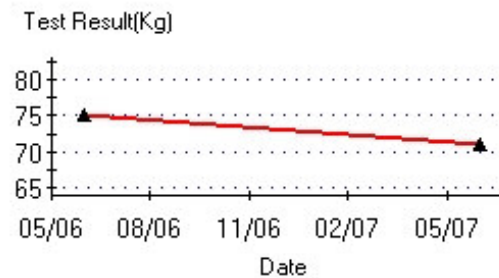
2000 Metre Row



Flexibility



Weight



Waist

