

Warrior Training Records

Balance

Balance on 4x4 post – 48:00 minutes (J. Woods)
Indo Balance Board – Balance – 2 hours 10 sec. (N. Barmore)
Squats – 278 (G. DeJesus)
Handstand – Distance – B-ball court down and back (A. Gaellis)
Time – 2:00 min. (H. Kill)

Speed/Agility

Number of Jump Ropes in 30 sec. – 150 (H. Prado)
50 box jumps (at 18”) – 36.4 sec. (S. Traub)
Bean Bag Shuttle (10 yds.) – 48.3 sec. (D. Britten)
Bean Bag Shuttle (15 yds.) – 1:06 sec. (M. Smith)
Bear Crawl (100 yds.) – 26 sec. (H. Stiscak)

Cardiovascular

Running the mile backwards – 7.56 (J. Becker)
Jump Roping the Mile – 8:30 (K. Fortin)
Carioca Mile – 10:13 (E. Bogezoer, B. Hovi, & M. Reall)
4 Miles – 24:24 (M. Brown)
Pacer – 122 (J. Smith)
Jumping Jacks – 9,106, (J. Eibl)

Muscular Strength

Peg Board – 12.1 sec. (I. Dillon)
Two-finger pull-up on peg board – 10 (S. Reall & KT Sivertson)
of Pull-ups in 1 class period – 150 (J. Ryan)

Muscular Endurance

Plank – 9:00 (L. Dick)
2 Min. Hang – 4:02 (M. Freemire)
Inversion Boots sit ups – **Boys – 301 (J. Schuetzle)
**Girls – 55 (D. Arellano)
V-Sit – 8:47 (E. Wiese)
Flip Flops – 200 (C. Ryan)
Cartwheels – 500 (E. Puccini)
Solar Orbital – 7:52 (T. Lorenz)
Sit ups – 1050 (A. Engelking)
Push ups – 100 (C. Callahan)
Cartwheel Back Tucks – 50 (E. Puccini)
Man carry – 5 laps (J. Fues)
Stairs (flights) – 333 (2 Willis Towers) (C. Oliver)
Calf Raises – 2,100 (C. Haviland)
Wall sit – 1 hour & 5 minutes (T. Fabella)

Miscellaneous

Double jump ropes in a row – 121 (H. Prado)
Weighted jump rope (w/o missing w/ 2 feet) – 517 (J. Coriaci)
Vertical Jump – Boys – 26 inches (D. Winiecki & A. Gaellis)
Girls – 21 inches (H. Paulin & B. Perez)
Leap Frog (touching feet) – 2 laps (T. Hollen, Q. Hughes, K. Rennhak)
Holding breath – 3:35 (L. Kreitz)

**Broken 2018