

12BX Elite Fitness Test

Name

Date

Club/Team/Department

Minute	Exercise	Score
1	41" Wide Pull up	
	21" High Decline Narrow Grip Atlas Push up	
2	34" Wide Pull up	
	21" High Decline Shoulder Grip Atlas Push up	
3	25" Wide pull up	
	21" High Decline Wide Grip Atlas Push up	
4	17" Wide Neutral Grip Pull up	
	17" High Decline Narrow Grip Atlas Push up	
5	16" Wide Chin up	
	17" High Decline Shoulder Grip Atlas Push up	
6	8" Wide Chin up	
	17" High Decline Wide Grip Atlas Push up	
Total Score		
Club/Team/ Department Score		

Please note each minute score of pull ups & push ups must equal in number. Eg. You cannot score in minute one 6 pull ups & 10 push ups. Both must be equal and not over 10 reps each. A perfect score is 120 reps/points.

Novice Score	40+
Intermediate Score	60+
Advanced Score	80+
Elite Score	100+