

Body Blast **BOOTCAMP**

Making Fitness Fun

Personal profile

- *Name =*
- *Age =*
- *Height =*
- *Weight =*
- *Smoker / Non Smoker =*
- *Alcohol Units per week =*

Measurements to be done in cm with a tape measure

- *Chest =*
- *Waist =*
- *R Bicep =*
- *L Bicep =*
- *R Thigh =*
- *L Thigh =*

Muscular endurance how many you can do in 1minute

- *Press Ups =*
- *Sit ups =*
- *Squats =*

Cardiovascular 1 Mile Run or walk (Timed)

Any comments for us to take into account.