



# LION'S HEART™ FITNESS STATS

DATE

DATE					
FLOW					
FIGHT					
FLIGHT	100M				
	1 MILE				
	5K				
	10K				
1 REP MAX	BS				
	DEAD				
	OH PRESS				
	PULL UP				
	FS				
	DIP				
	BOX JUMP				
	OH SQUAT				
1 MINUTE MAX	BURPEE				
	BW SQUAT				
	PUSH UP				
	RING ROW				
	PULL UP				
	DIP				
	HSPU				
	RT/DU				
MISC					