



Group Exercise Client of the Month

JULY

Congratulations JUSTIN WATSON

Justin Watson became our 'Group Exercise Client of the Month' for July as a result of an all around great performance on all 5 fitness tests in July. Just went up two levels in his defence force ratings as a result of achieving improvements on all these exercises, but the two biggest increases have to come from the Beep Test where Justin went from 9.5 to 10.8 and in the Bridges/Plank where Justin previously done 1:27 mins and just recently completed 3:16 doubling his previous score.

	Month 1	Month 2
Beep Test	9.5	10.8
Push-Ups	27	37
Sit-Ups	30	33
Squat Holds	1.50 mins	2 minutes
Bridges	1.27 mins	3:16
Defence Force Rating:	Army	Special Forces Fit

Well done Justin you're a champion!!!

Yours sincerely

Denver Oliveux