



Group Exercise Client of the Month for September

Michael Iwanuik became September's Group Exercise client of the month as a result of an increase on almost all fitness tests conducted this month. Michael's most impressive results came from the Beep Test in which he went from 9.1 in his first assessment to 10.4 this month and also in his push-ups where he went from 31 push-ups to 45 push-ups. Michael also done very well on his other tests and as a result increased by two levels in his defence force rating from being 'Army Fit' to 'Special Forces Fit'.

Well done Michael you're a champion!!!

	Assessment 1	Assessment 2
Beep Test	9.1	10.4
Push-ups	31	45
Sit-ups	60 assisted	52 unassisted
Bridges/Plank	1:46	2:30
Squat Holds	2:43	2:43
Defence Force Rating	Army	Special Forces

Yours sincerely

Denver Oliveux