

TACFIT "Q" QUALIFICATION: 20/10X8 + 60 EXAM



Coach Name	Athlete Name	Date

Resting Heart Rate	Heart Rate Maximum 205.8 - (0.685 x AGE)	Target HR Beats per Min HI = 80-100%HR _{MAX} = ?BPM MOD= 60-80%HR _{MAX} =?BPM	Average HR Beats per Minute	Duration to return to Resting HR (N/A without monitor)

Station Name	Sets Scored	HRBPM	RPT	RPE	RPD
Tactical Lunge					
Plank Pull Knee					
Sit Thru Knee					
Tactical Pushup					
Spinal Rock Basic					
Tripod Vertical					

Program Name	TOTAL SCORE	AVE RPT	AVE RPE	AVE RPD	AVE HRBPM

Bodyweight Variation	Regression	Progression	Warmup	Cooldown
Tactical Lunge	Lunge Squat	Rear Lunge Step	Knee Circles	Pigeon
Plank Pull Knee	Knee Ellipse	Plank Pull (no knee)	Backstroke	Downdog
Sit Thru Knee	Sit Thru Hip	Sit Thru (extended)	Hip (Hurdle) Rotation	Forearm Frog
Tactical Pushup	Basic Pushup Knee	Screwing Pushup	Hitchhiker / Armbar	Drill Bit Hold
Spinal Rock Basic	Knee Lift Crunch	Spinal Rock Pike	Gunslinger	Shoulder Bridge
Tripod Vertical	Table Lift	Tripod Overhead	Spinal Rotation	Standing Sidebend