**KIN 245 Assessments Log**

**NAME:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**1 min boxes fast feet: (HR) (steps)**

**Pushups (1min):**

**Situps (1min):**

**Power Knees (1min):**

**Plank (2min):**

**Side Plank (1min):**

**Switch Kicks (1min):**

**Burpees (1min):**

**Lunge Hold (1min):**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

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**Burpees (1min):**

**Lunge Hold (1min):**