

Physical Fitness Testing

WDHS Powerlifting

Date – Friday December 18th

Location – HS Gym



Time – 6:30 AM – 7:30 AM – we will have a 5 minute warm-up followed by the testing protocols

The Wisconsin Army National Guard is assisting us with this annual event and they will assist us in administering the test and evaluating your performance. The tests are all 2-minutes and they test your upper body & abdominal strength. We will have prizes and give aways to those who attend. Each participant will receive a free Army National Guard T-shirt for attending.

Test # 1 – Push-Up Test – 2-minutes

Test # 2 – Sit-Up Test – 2 minutes

Test # 3 – Pull-Up Test – 2 minutes



Current WDHS Powerlifting record holders –

Push-Up Test Males- 90 – Jake Gregerson Females- 59 – Nicole Gantz

Sit-Up Test Males- 85 – Mitch Hobbins Females- 69- Katie Piekarski

Pull-Up Test – We have no established records at this time

