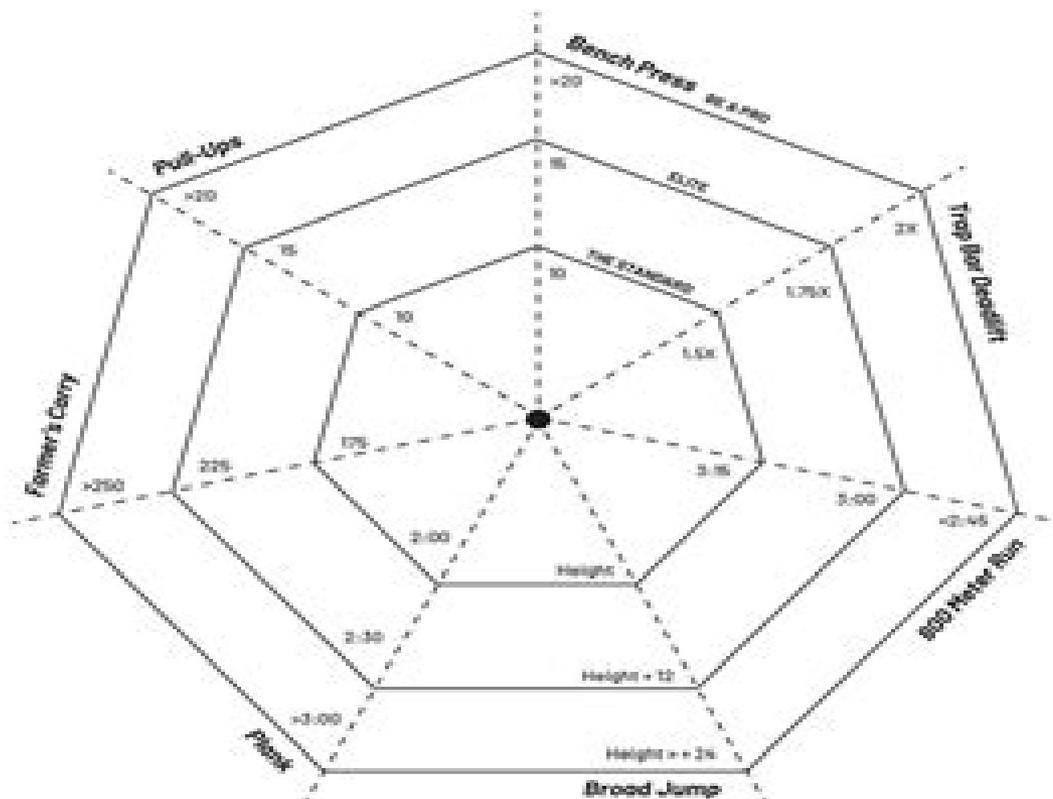


PERFORMANCE STANDARDS



NAME: _____

	THE STANDARD	ELITE	BE A PRO
Broad Jump (Height = inches for Distance)	Height	Height +12	Height +24
Bench Press (BW for Reps)	10	15	>20
Pull-ups (Reps)	10	15	>20
Trap Bar Deadlift (BW X % for 5 Reps)	1.5X	1.75X	2X
Plank (Time)	2:00	2:30	<3:00
Farmer's Carry (BW for Distance in Feet)	175	225	>250
800 Meter Run (Time)	3:15	3:00	<2:45

BW = BODYWEIGHT



Group Performance And Interaction

Judd E. Hollander



Group Performance And Interaction:

Unveiling the Magic of Words: A Review of "**Group Performance And Interaction**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Group Performance And Interaction**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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