

HERCULES AWARD

(Raw Strength)

Name: _____ Platoon: _____

Pull Ups Date: 20140917 Verifier: _____ (Rank LName)

Pull Ups 32 Total Point Value 160

-5pts for each additional pull up past 100pts (20 for males, 8 for Females)

Ammo Lift Date: 20140919 Verifier: _____ (Rank LName)

Ammo Lift 122 Total Point Value 131

-1pt for every rep past 100pts (age and gender dependent)

Dead Lift Date: 20140924 Verifier: _____ (Rank LName)

1 Rep Max 455 / Body Weight (lbs) 164 = 277

Squat Date: 20140917 Verifier: _____ (Rank LName)

1 Rep Max 345 / Body Weight (lbs) 164 = 210

Push Ups Date: 20140924 Verifier: _____ (Rank LName)

Push Ups 111 Total Point Value 136

-1pt for every rep past 100pts (50rep max for females, 75rep max for males), Army PFT Standards (highest standard age bracket)

TOTAL HERCULES POINTS: 914 2nd Place: 851, 3rd Place: 804

Notes:

-Each event must be documented for score within 1 month of all other events.

-1 Rep Max should be estimated before attempting the Dead Lift and Squat for score to give an appropriate range of manageable weight for a given attempt. (Example, 225lbs x 10 = 75% or 1RM. 1RM = 300lbs attempt). Other examples of 1RM estimation calculators can be found on line.