



RDA STANDARDIZED ROLLER DERBY FITNESS TEST RESULTS SUMMARY (V2.2)

DATE: 20 July, 2015

PUSH-UPS

	Full push ups	From knees	
# of respondents	195	176	
LOW	3	5	count
HIGH	50	57	
MEAN	17.8	19.4	

AGILITY

# of respondents	365		Notes:
LOW	12	count	Values under 12 omitted
HIGH	41.5		
MEAN	25.6		

VERTICAL LEAP

# of respondents	356		Notes:
LOW	4	inches	Values under 4" omitted
HIGH	29		Values over 30" omitted
MEAN	12.0		

CORE PLANK TEST

# of respondents	371		
LOW	0:00:20	h:mm:ss	
HIGH	0:10:03		
MEAN	0:01:42		

ENDURANCE TEST

# of respondents	359		Notes:
LOW (BEST)	0:02:00	h:mm:ss	Values under 2:00 mins omitted
HIGH	0:13:09		Values over 15:00 omitted
MEAN	0:05:41		