

TURBO THROWS FITNESS TEST

SCHOOL OR CLUB _____

STUDENT NAME/NUMBER _____

AGE OR GRADE _____

MALE/FEMALE _____

TURBOJAV Accuracy	1ST	2ND	BEST RESULT
TURBOJAV STRONG SIDE TEST	_____	_____	_____
TURBOJAV WEAK SIDE TEST	_____	_____	_____

TURBOJAV Distance	1ST	2ND	BEST RESULT
TURBOJAV STRONG SIDE TEST	_____	_____	_____
TURBOJAV WEAK SIDE TEST	_____	_____	_____

TURBO FOOTBALL	1ST	2ND	BEST RESULT
FOOTBALL TRONG SIDE	_____	_____	_____
FOOTBALL WEAK SIDE	_____	_____	_____
FOOTBALL SPEED TEST	_____	_____	_____

TURBO BASEBALL TESTS	1ST	2ND	BEST RESULT
BASEBALL STRONG SIDE	_____	_____	_____
BASEBALL WEAK SIDE	_____	_____	_____
BASEBALL SPEED TEST	_____	_____	_____

TURBO BASKETBALL TESTS	1ST	2ND	BEST RESULT
BASKETBALL TWO HANDS FORWARD	_____	_____	_____
BASKETBALL BACKWARDS OVERHEAD	_____	_____	_____
BASKETBALL UNDERHAND THROW	_____	_____	_____

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TURBOJAV STRONG SIDE TEST	_____	_____	_____
TURBOJAV WEAK SIDE TEST	_____	_____	_____

TURBOJAV Distance	1ST	2ND	BEST RESULT
TURBOJAV STRONG SIDE TEST	_____	_____	_____
TURBOJAV WEAK SIDE TEST	_____	_____	_____

TURBO FOOTBALL	1ST	2ND	BEST RESULT
FOOTBALL TRONG SIDE	_____	_____	_____
FOOTBALL WEAK SIDE	_____	_____	_____
FOOTBALL SPEED TEST	_____	_____	_____

TURBO BASEBALL TESTS	1ST	2ND	BEST RESULT
BASEBALL STRONG SIDE	_____	_____	_____
BASEBALL WEAK SIDE	_____	_____	_____
BASEBALL SPEED TEST	_____	_____	_____

TURBO BASKETBALL TESTS	1ST	2ND	BEST RESULT
BASKETBALL TWO HANDS FORWARD	_____	_____	_____
BASKETBALL BACKWARDS OVERHEAD	_____	_____	_____
BASKETBALL UNDERHAND THROW	_____	_____	_____