

THE DUKE

SM South Boys Soccer Ultimate Conditioning Test

1. 2 mile – Sub 12:00
2. Puke – Sub 9:00
3. Super Mile – Sub 20:00
4. 1 Mile – Sub 5:30
5. Push Ups – 80 2 Minutes
6. Sit Ups – 80 2 Minutes
7. Donovan – Sub 1:00
8. Grundel – Sub 1:00
9. 6*18*Mid – Sub :32
10. Juggling – 100+