



Bellingham High School Strength & Conditioning Max & Agility Spreadsheet Directions

1. Login to your computer
2. Go to **'Internet Explorer'**, the Bellingham High home page should show up.
3. Click **'Academics'**
4. Click **'Physical Education & Health.'**
5. Click **'Darin Nolan'**
6. Click **'Strength Training & Conditioning'**
7. On the right side of the website, look for the **'Max & Agility Testing Links'** section. Click on the **'Max Testing Spreadsheets'** link.
8. Click 'male spreadsheet' or **'Female Spreadsheet.'** You will need to select the **'Download'** tab at the top of the website. A box will appear which will ask you to either open or save. Select **'SAVE'**
9. Save the spreadsheet into your **'My Documents'** folder on the **H: drive**. Make sure you **'SAVE'** often while working on this spreadsheet.
10. Go back to the **'Strength Training & Conditioning'** website. Click on the link **'One Rep Max Calculator'** in the **'Max & Agility Testing Links'** section. You will need this site to calculate your 1 rep max from your 3-10 rep max.
11. Fill in your **NAME, PERIOD** and **GRADE (put number only i.e. 9, 10, 11 or 12)**
12. Put your **Body Weight** in the section **'BW'** for which test you are recording. Do not put any letters in this box only numbers.
13. Open the "Body Mass Index Calculator" link located in the "Max & Agility Testing Links" section of the strength & conditioning website. Enter your gender, height (inches), weight (pounds) and hit 'calculate'. Write down your **BMI** in the "Body Mass Index" box.
14. You will now convert your 3-10 rep max tests for Bench, Squat and Power Clean into a 1 rep max score. Go back to the **'one rep max calculator'** website. Put how much weight you lifted in the **'Weight Lifted'** box, put how many repetitions you did in the **'Reps Performed'** box. You will find your approximate 1 rep max in the box labeled
15. Next you will enter your **'Fitness and Agilities'** scores. Enter your scores and points (from the rubric). If you did not do a test, leave it blank. Tests not completed will not affect your percentage.
16. Your final percentage will show up on the bottom of the page. If you see something other than a percent number, you have done something wrong. If you percentage is higher than 100%, you have done something wrong.
17. Save your document and **PRINT** a copy to turn in.