Time on the PARE test

First attempt - three minutes and fifty four seconds (3:54)

Second attempt - three minutes and thirty two seconds (3:32)

Third attempt - three minutes and twelve seconds (3:12)

Best time on the mile and a half run - 11 minutes and 13 seconds.

Most consecutive push-ups without stopping - 42

Most consecutive chin-ups without stopping - 18

Most consecutive stomach crunches without stopping - 36