

The **Heat** is On Challenge Winners

	Biggest Improvement	%	Biggest lost or Best	#	
Body Fat %	Roberta Graham	20.38%	Christina MacGregor	6.92	% pts
Weight	Bradley Bishop	7.00%	Bradley Bishop	15.20	lbs
Total Inches	Luke Graham	4.94%	Luke Graham	12.25	inches
Cardio Fitness	Roberta Graham	18.00%	Roberta Graham	41.00	BPM
Pull ups	Neal Werstler	12.50%	Neal Werstler	18	pullups
Sit Ups	Christina MacGregor	50.00%	Christina MacGregor	69	reps
Push ups	Roberta Graham	600.00%	Neal Werstler	72	reps
Yoga Plank	Kim Taylor	147.25%	Stephanie Mitchell	90.00	mins
Squat Test	Roberta Graham	233.33%	Neal Werstler	230	secs
Shot Put Test	Kim Taylor	18.86%	Neal Werstler	43	feet
1 Mile Run	Bradley Bishop	28.69%	Neal Werstler	8.33	mins
Vertical Leap	Denelle Rasch	23.08%	Neal Werstler	18.75	inches
Agility Test	Christina MacGregor	4.13%	Neal Werstler	17.54	secs