FIELD KIT / PROTOCOL rs-1

THE FIELD KIT

Three repeatable tests. A clear record of what changed.

PULL	PRESS	RUN
Strict pull-ups	Bodyweight bench	One measured mile

01 Put the kit to work

1 **Read the rules.**
Use protocol rs-1 for all three disciplines. Post the relevant card at each station.

2 **Record a baseline.**
Use one baseline sheet per person. Write actual results, equipment and conditions.

3 **Plan the repeat.**
Set a retest date and keep the same setup. Record changes that may affect comparison.

4 **Compare each test.**
Only pair valid, comparable results. Rank disciplines separately when running a group.

IN THIS KIT

02-04 Protocol cards

05 Test-day checklist

06-07 Baseline + retest sheets

08-09 Planning + group score sheet

Print the pages you need. Blank records are ready to copy and reuse.