Physical Testing Scores

The Waikato Rugby Union has advised that the following information would be useful to them when considering applications for the University of Waikato Rugby Development Scholarship:

- Bench press
- Back squat
- Weighted chin-up
- Clean
- Bronco Test
- Yoyo Test
- Speed over 10m and 40m
- Body weight and skin folds

For each of these: (1 rep max. for lifts) Include dates and PB along with most recent result.