



Name	
Date	
Difficulty Level	

	Day 1	Day 2	Day 3
Plyo Press Up Assessment			
Knee to Elbow Press Assessment			
Wushu Lunges Assessment			
Capoeira Kick Assessment			
Reach Punch Assessment			
One Handed Burpee Assessment			

NUK SOO™ Contract

I am committed to follow the NUK SOO™ 90-day plan. I will make time to train, give it my all, eat healthy, be kind to my body and not make any excuses.

Date:

Name:

Signature: