

FIT TEST



MODIFIED OR REGULAR PUSH
UPS (circle one)

TEST 1	Test 2	FINAL TEST
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BACKWARD LUNGES

TEST 1	Test 2	FINAL TEST
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PLANKS ON FEET OR KNEES
(circle one)

Write Down # Times You Drop Down

TEST 1	Test 2	FINAL TEST
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BUTT KICKS
(each side count as 1 rep)

TEST 1	Test 2	FINAL TEST
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HIGH KNEES
(each side count as 1 rep)

TEST 1	Test 2	FINAL TEST
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TRICEP DIPS

TEST 1	Test 2	FINAL TEST
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HEELS TO HEAVEN

TEST 1	Test 2	FINAL TEST
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MOUNTAIN CLIMBERS
(each side count as 1 rep)

TEST 1	Test 2	FINAL TEST
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Fit Test Instructions

Equipment: Countdown timer, chair, mat & Motivational music (optional)

- ✓ WARM UP for 3 min 1st
- ✓ Do as many reps as you can of each exercise for 1 minute
- ✓ Record your reps
- ✓ Rest 30 seconds between
- ✓ Give your BEST effort
- ✓ Retest as noted in your workout calendar

See included video for exercise demo