

Fitness Test

	Item	Goal	Description	Date/Total	GOAL (4 weeks)	Date/Total	Date/Total	Date/Total
▼	Strength							
	Push Up - regular	Strength	Start laying on stomach with hands underneath shoulders. Push up off of the floor and lower until chin/nose touches the ground (this counts as one pushup). Pick to either go from knees or feet - do not change during testing. There is no time limit, perform as many push ups in a row. If your form breaks down (back arching, head out of line with body) or if you can not continue the test is over - record how many you were able to perform					
	Superman	Strength	Start by lying on your stomach, legs together and arms over head with elbows straight. Raise off the ground into superman position for as long as possible, start a timer. If your form breaks down (legs come apart, elbows bend, height of position lowers) or if you cannot continue the test is over - record the time you were able to hold the superman position. It may be best to have a family member watch you for form break down or to record yourself to see if you were able to maintain form the entire time.					
	Vertical Jump	Strength	You will need sticky notes (4) or pieces of painters tape (4) for this test. Prior to starting, stand beside a wall with shoulder touching the wall. Reach the hand closest to the wall overhead, place a sticky note at the height of your third finger. Bring arms down. Now, holding another sticky note, squat down, pause at the bottom for 3 seconds, then jump up! Swing your arms overhead as you jump, stick the marker to the wall. Measure the distance between your 1st sticky and the one you just stuck to the wall - record this. Repeat 2 more times, take a break between each attempt. Add all of your measurements and divide by 3 - record this as your vertical jump height.					
	Plank	Strength	Start laying on stomach with hands underneath shoulders. Push up off of the floor. Ensure the hands are directly under the shoulders, the body is in one straight line and the legs are straight. If your form breaks down (back arching, head out of line with body) or if you can not continue the test is over - record how long you were able to maintain the form.					
	Wall sit	Strength	Start leaning against the wall with the low back on the wall, the feet and knees are together, and the arms overhead. Slide down the wall until the knees and hips are at a 90 degree angle. Start the timer. If your form breaks down (you cannot maintain 90 degrees, your arms come down) or you cannot continue the test is over - record how long you were able to maintain the form.					

	Item	Goal	Description	Date/Total	GOAL (4 weeks)	Date/Total	Date/Total	Date/Total
	Pike Push Up	Strength	Start in a downward dog position with hands shoulder width apart and feet together. Bend the elbows until your forehead touches the floor between your hands (this must touch between the hands and not behind the hands). Press back up to straight elbows. Your head cannot rest on the floor. When you cannot continue the test is over - record how many you were able to complete.					
	Boat/V-sit	Strength	Start by lying on your back, legs together and arms over head (or by your sides) with elbows straight. Raise off the ground into Boat position for as long as possible, start a timer. If your form breaks down (legs come apart, elbows bend, height of position lowers, your low back comes off the floor) or if you cannot continue the test is over - record the time you were able to hold the boat position. Indicate if you had arms up or down.					
	▼ Flexibility							
	Fold Over	Flexibility	Start sitting with legs straight, feet together and flexed hands on the front of the legs. Fold over while sliding the hands down the front of the legs. Measure how far from the bottom of your middle finger to the bottom of your foot. Record this measurement. If you can reach past your feet, still measure from the bottom of your foot to your middle finger and indicate 'past' with your measurement					
	Split Right	Flexibility	Start kneeling on the left knee with the shin extending straight behind with the top of all 5 toes pressing into the mat. The right leg is extended directly from the hip with the toes and knees pointing directly to the ceiling. Extend the front leg as the hips press forward, ensuring the hips stay square (meaning both hips stay pointing at the front big toe). Measure the distance from the floor to the crotch. Record the measurement.					
	Split Left	Flexibility	Start kneeling on the right knee with the shin extending straight behind with the top of all 5 toes pressing into the mat. The left leg is extended directly from the hip with the toes and knees pointing directly to the ceiling. Extend the front leg as the hips press forward, ensuring the hips stay square (meaning both hips stay pointing at the front big toe). Measure the distance from the floor to the crotch. Record the measurement.					
	Centre Split	Flexibility	Start standing with the legs just wider than hip width apart. Fold over and place hands on the floor. Keeping the hips and the feet in one line and the knees straight, slide the legs to the side to your maximum flexibility. When you cannot keep the knees straight or the hips in line with the feet, measure the distance from the floor to the crotch. Record the measurement.					

	Item	Goal	Description	Date/Total	GOAL (4 weeks)	Date/Total	Date/Total	Date/Total
	Bridge	Flexibility	Start laying on your back with the hands under the shoulders and the feet hip width apart. Keeping the fingers pointing towards the feet and the feet parallel, push up to a bridge and hold. Have someone start the timer. When you can no longer hold with straight elbows, feet parallel and on the floor the test is done - record your time.					
▼ Aerobic								
	Burpies	Aerobic	Start standing. Jump with arms into the air landing in a squat. Jump legs back to push up position. Quickly lower the body until the belly is on the floor. Press in to the hands and jump the feet back to squat. Jump up reaching the arms to the sky to repeat the sequence. Record how many you can complete in 60 seconds.					