Wellbeats™

FIT TEST 1

FIT TEST 1 SCORECARD

	INITIAL FIT TEST		POST FIT TEST		WOMEN SCORING			MEN SCORING		
	# of Reps	Fit Score	# of Reps	Fit Score	= 1	= 2	= 3	= 1	= 2	= 3
Squat Thrusts					<25	25-34	>34	<32	32-39	>39
Windmill Skaters option touch down					<45	45-54	>54	<50	50-59	>59
Push-ups on knees option toes					<22	22-29	>29	<25	25-34	>34
Pick-ups R					<15	15-24	>24	<23	23-29	>29
Pick-ups L					<15	15-24	>24	<23	23-29	>29
Sling Crunches					<30	30-39	>39	<35	35-45	>45
Squats					<25	25-31	>31	<30	30-38	>38
Plank Up-Downs on knees option toes					<15	15-21	>21	<20	20-27	>27
Front to Back Lunges R					<20	20-27	>27	<25	25-34	>34
Front to Back Lunges L					<20	20-27	>27	<25	25-34	>34
Fit Score Total										