

Wellbeats™

BASIC FIT TEST

BASIC FIT TEST 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
Frog Squats					<18	18-21	>21	<20	20-24	>24
Push-ups knees or full push-up					<16	16-17	>17	<20	20-21	>21
Sling Crunches					<22	22-24	>24	<22	22-24	>24
Single Leg Squat Thrusts option both legs					<18	18-24	>24	<18	18-24	>24
Lateral Knee Hops					<35	35-39	>39	<35	35-39	>39
Reverse Lunge hands on hips					<18	18-23	>23	<19	19-24	>24
Forearm Planks option knees or full plank					<24	24-27	>27	<24	24-27	>27
Pick-ups R option toe off ground					<13	13-15	>15	<18	18-19	>19
Pick-ups L option toe off ground					<13	13-15	>15	<18	18-19	>19

Fit Score Total