

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 <small>knees or full push-up</small>					<16	16-17	>17	<20	20-21	>21
SLING CRUNCHES					<22	22-24	>24	<22	22-24	>24
SINGLE LEG SQUAT THRUSTS <small>option both legs</small>					<18	18-24	>24	<18	18-24	>24
LATERAL KNEE HOPS					<35	35-39	>39	<35	35-39	>39
REVERSE LUNGE <small>hands on hips</small>					<18	18-23	>23	<19	19-24	>24
FOREARM PLANKS <small>option knees or full plank</small>					<24	24-27	>27	<24	24-27	>27
PICK-UPS R <small>option toe off ground</small>					<13	13-15	>15	<18	18-19	>19
PICK-UPS L <small>option toe off ground</small>					<13	13-15	>15	<18	18-19	>19
Fit Score Total										