

## 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
<b>SQUAT THRUSTS</b>					<25	25-34	>34	<32	32-39	>39
<b>WINDMILL SKATERS</b> option touch down					<45	45-54	>54	<50	50-59	>59
<b>PUSH-UPS ON KNEES</b> option toes					<22	22-29	>29	<25	25-34	>34
<b>PICK-UPS R</b>					<15	15-24	>24	<23	23-29	>29
<b>PICK-UPS L</b>					<15	15-24	>24	<23	23-29	>29
<b>SLING CRUNCHES</b>					<30	30-39	>39	<35	35-45	>45
<b>SQUATS</b>					<25	25-31	>31	<30	30-38	>38
<b>PLANK UP-DOWNS ON KNEES</b> option toes					<15	15-21	>21	<20	20-27	>27
<b>FRONT TO BACK LUNGES R</b>					<20	20-27	>27	<25	25-34	>34
<b>FRONT TO BACK LUNGES L</b>					<20	20-27	>27	<25	25-34	>34

Fit Score Total