

Name \_\_\_\_\_

## Fitness Test

	Before	After	Improvement = After - Before
<b>Beep Test (optional)</b>			
<b>Max Plank Hold (on toes)</b> Regression: Slight incline or on knees	m s	m s	m s
<b>Max Push Ups (1min on toes)</b> Regression: Slight incline or on knees	reps	reps	reps
<b>Max Squats (1min)</b> Ensure correct depth for quality over quantity	reps	reps	reps
<b>Max rower distance (1min)</b> Regression: Star jumps or stepping in and out	m	m	m

## Measurements

	Before	After	Improvement = After - Before
<b>Chest (around fullest part of chest)</b>	cm	cm	cm
<b>Stomach (around belly button)</b>	cm	cm	cm
<b>Quads (15cm above knee, then around)</b>	cm	cm	cm
<b>Weight</b>	kg	kg	kg