



Fitness Testing Protocol

1. **Body Composition**
 - Height & Weight
2. **Fitness testing**
 - You will be required to run back and forth over 20 meters maintaining your pace as set by the beep on the CD. As each stage progresses the beep gets faster.
3. **Sit up test**
 - The number of proper sit ups done in one minute
4. **5 consecutive jumps**
 - The distance for 5 consecutive jumps (no stopping) is measured. Perform each sequence with both legs, right leg only, left leg only.
5. **Flexibility Test: Sit & Reach**
 - Simply reach to your toes while keeping your knees on the ground. We will have a measuring device. If you can reach past your toes you will score positive.
6. **Standing Jump Tests**
 - First we will measure your reach height and then from a partial squat you will jump and reach as high as possible. No step or approach is allowed.
7. **Plank test**
 - We will measure the length of time you can remain in a solid plank position.
8. **Medicine Ball throw**
 - Straight arm overthrow while seated
9. **Push-ups (with clapping)**
10. **10 meter sprint (following 5 burpees)**
11. **20 meters with a jogging start**
12. **40 meters standing**

Body Composition	Height	Weight
Fitness testing (Beep no.)		
Sit up Test (no. of situps)		
5 Consecutive Jumps (cm)		
Flexibility (no. of cm from toes, +/-)		
Standing High Jump distance (cm)		
Plank test time (seconds)		
Medicine Ball Throw		
Push-ups (with clapping)		
10 meters sprint (following 5 burpees)		
20 meters with a jogging start		
40 meters standing		

Name.....

Team.....



Fitness Testing Protocol

Name.....

Team.....