



BASIC FIT TEST SCORECARD

Name: _____ Date: _____

MEASUREMENTS (inches)

Hips: _____ Waist: _____ Chest: _____ Thigh: _____ Biceps: _____

	PRE FIT TEST (# of Reps)	FIT SCORE See Chart Below	POST FIT TEST (# of Reps)	FIT SCORE See Chart Below
Frog Squats				
Push ups (knees for full push-up)				
Sling Crunches				
Single Leg Squat Thrusts *(both legs)				
Lateral Knee Hops				
Reverse Lunges, hands on hips				
Forearm Planks, *(knees or full plank)				
Pick-ups R *(toe off ground)				
Pick-ups L *(toe off ground)				

* Indicates BONUS OPTION

Fit Score Total: Pre Fit Test - _____ Post Fit Test - _____

	WOMEN	MEN
Frog Squats:	<18 = 1 >18 = 2 >22 = 3	<20 = 1 >20 = 2 >25 = 3
Push-ups:	<16 = 1 >16 = 2 >18 = 3	<20 = 1 >20 = 2 >22 = 3
Sling Crunches:	<22 = 1 >22 = 2 >25 = 3	<22 = 1 >22 = 2 > 25 = 3
Single Leg Squat Thrusts:	<18 = 1 >18 = 2 >25 = 3	<18 = 1 >18 = 2 >25 = 3
Lateral Knee Hops:	<35 = 1 >35 = 2 >40 = 3	<35 = 1 >35 = 2 >40 = 3
Reverse Lunges:	<18 = 1 >18 = 2 >24 = 3	<19 = 1 >19 = 2 >25 = 3
Forearm Planks:	<24 = 1 >24 = 2 >28 = 3	<24 = 1 >24 = 2 >28 = 3
Pickups:	<13 = 1 >13 = 2 >16 = 3	<18 = 1 >18 = 2 >20 = 3