



FIT TEST 1 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
Squat Thrusts				
Windmill Skaters *(touch down)				
Push-ups on knees *(toes)				
Pick-ups L				
Pick-ups R				
Sling Crunches				
Squats				
Plank Up-Downs on knees *(toes)				
Front to Back Lunges R				
Front to Back Lunges L				

* Indicates BONUS OPTION

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

	WOMEN	MEN
Squat Thrusts:	<25 = 1 >25 = 2 >35 = 3	<32 = 1 >32 = 2 >40 = 3
Windmill Skaters:	<45 = 1 >45 = 2 >55 = 3	<50 = 1 >50 = 2 >60 = 3
Push-ups:	<22 = 1 >22 = 2 >30 = 3	<25 = 1 >25 = 2 > 35 = 3
Pick-ups:	<15 = 1 >15 = 2 >25 = 3	<23 = 1 >23 = 2 >30 = 3
Sling Crunches:	<30 = 1 >30 = 2 >40 = 3	<35 = 1 >35 = 2 >45 = 3
Squats:	<25 = 1 >25 = 2 > 32 = 3	<30 = 1 >30 = 2 >38 = 3
Plank Up-Downs:	<15 = 1 >15 = 2 >22 = 3	<20 = 1 >20 = 2 >28 = 3
Front to Back Lunges:	<20 = 1 >20 = 2 >28 = 3	<25 = 1 >25 = 2 >35 = 3