



FIT TEST 2 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
Burpees *(jump)				
Windmill Skaters *(lift foot)				
Push-Ups *(single Leg)				
Pick-ups R *(jump)				
Pick-ups L *(jump)				
Sling Crunches				
Prisoner Squats				
Plank Up-Downs *(single Leg)				
Front to Back Lunges R w/ touch down				
Front to Back Lunges L w/ touch down				

* Indicates BONUS OPTION

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

	WOMEN	MEN
Burpees:	<18 = 1 >18 = 2 >25 = 3	<25 = 1 >25 = 2 >31 = 3
Windmill Skaters:	<55 = 1 >55 = 2 >65 = 3	<60 = 1 >60 = 2 >65 = 3
Push-ups:	<32 = 1 >32 = 2 >40 = 3	<40 = 1 >40 = 2 >48 = 3
Pick-ups:	<25 = 1 >25 = 2 >35 = 3	<30 = 1 >30 = 2 >40 = 3
Sling Crunches:	<30 = 1 >30 = 2 >40 = 3	<35 = 1 >35 = 2 >45 = 3
Prisoner Squats:	<40 = 1 >40 = 2 >50 = 3	<45 = 1 >45 = 2 >55 = 3
Plank Up-Downs:	<25 = 1 >25 = 2 >35 = 3	<30 = 1 >30 = 2 >40 = 3
Front to Back Lunges:	<25 = 1 >25 = 2 >32 = 3	<30 = 1 >30 = 2 >38 = 3