

Individual Fitness Test - Level 1 Beginners

Test your fitness by doing this short exercise test weekly for a period of 4/6 weeks. The aim is to see if you can beat your own time! I intend to make 2/3 versions of the test ranging from beginner to more advanced. Please read the sheet properly before you start so you know what you're doing - saves time!

You will need: a stopwatch, some good music and prepare a space to do your exercises you start.

Please do a warm up first - this can be marching and/or jogging for a few minutes. Get your arms going too!

Exercise	No of Reps	Other comments
Squats - feet hip width apart	10	do as fast as you can
Press ups against the wall	10	hands hip width apart - keep elbows soft
Front lunge	20 - alternate legs	watch your knee doesn't jut out beyond your foot
Press ups against the wall	10	hands wider apart
Side lunges	10 on side 1 10 on side 2	
Press ups against the wall	10	fingers pointing inwards
Ladders	10 each side - alternate legs/arms	Climb an imaginary ladder as fast as you can using your hands too
Fast knee lifts	10 each leg	keep your back straight

Week number	Time
1	
2	
3	
4	
5	
6	

Well how did you get on? Did your times improve?