

Individual Fitness Test - Level 2 - intermediate

This is the next level up and the aim is to do this over a period of 4/6 weeks and try to beat your previous times! Please read the sheet before you begin. Have some music on, stopwatch ready, find a space and off you go!

Please do a warm up first! A few mins of marching, jogging and get your arms going too!

Exercise	No of Reps	Other comments
Squats - feet hip width apart	10	do as fast as you can and <u>put your arms up as you come up this time!</u>
Press ups on the floor/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 on floor/wall	10	hands wider apart
Side lunges	10 on side 1 10 on side 2	
Press ups on floor/wall	10	fingers pointing inwards
Hill climbers	10 each side - alternate legs	I'll show you this one!
Fast knee lifts	10 each leg	keep your back straight

Week number	Time
1	
2	
3	
4	
5	
6	

Well - did you beat your times? If not, keep trying!