

Individual Fitness Test - Level 3 - Advanced

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
Demis + arms	10	do as fast as you can and with your arms to the front and lift up above your head and down
Press ups on the floor	10	hands under your shoulders - you can do the half press up if you wish i.e. knees on floor
Front lunge	20 - alternate legs	watch your knee doesn't jut out beyond your foot
Press ups on floor	10	hands under your shoulders as you come up - clap your hands
Step back and kick to front	10 on side 1 10 on side 2	
Press ups on floor	10	fingers pointing inwards
Hill climbers	10 each side - alternate legs	I'll show you this one!
Fast knee lifts + elbow to opposite knee	10 each leg	keep your tummy pulled in!

Week number	Time
1	
2	
3	
4	
5	
6	

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