

ISM

Fitness tests form

Photo

Name..... Last nameID.....

1. Age.....Years

	Pre -Test	Post- test	
3	Weight.....Kg. High.....cm	Weight.....Kg. High.....cm	
4	Heart rate...../Minutes.	Heart rate...../Minutes.	
5	Blood pressure/.....	Blood pressure/.....	
6	% Body Fat	% Body Fat	
7	Hand grip Kg.	Hand grip Kg.	X
8	Leg strength Kg.	Leg strength Kg.	X
9	Sit and reach Cm.	Sit and reach Cm.	

10.Core strength (Pre test)

S1 60 s	S2 15s	S3 15s	S4 15s	S5 15s	S6 15s	S7 15s	S8 30s	total
	1.15	1.30	1.45	2.00	2.15	2.30	30	3.00

Post test

S1 60 s	S2 15s	S3 15s	S4 15s	S5 15s	S6 15s	S7 15s	S8 30s	total
	1.15	1.30	1.45	2.00	2.15	2.30	30	3.00

		Pre- test	Post test
11	Press Up Test (30 sec)	Reps.....	Reps.....
12	Sit-up test (1 minute)	Reps.....	Reps.....
13	12-minute Cooper test	Distance/meters..... 	Distance/meters.....