



Fitness tests form

Photo

Name..... Last name ID.....

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..... |