

JSM

## 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..... ..... .....