

Test Fitness vs. Functional Fitness

A quick guide for workshops and discussions

Test Fitness

✓ Focus: Passing minimum standards (push-ups, sit-ups, Run)

✓ Approach: Train for test-specific drills

✓ Outcome: Meets assessment requirements

✗ Limitation: Narrow scope, less adaptable

Example: 2-mile timed run

Functional Fitness

✓ Focus: Real-world readiness, unpredictable demands

✓ Approach: Train movement patterns (lift, carry, crawl, sprint)

✓ Outcome: Broad performance & injury resilience

✗ Limitation: Slower progress on specific test scores

Example: Carrying heavy pack uphill

Balance both: Train to pass the test, but prepare for life.