



# FIT TEST

NAME \_\_\_\_\_

		FIRST DAY   LAST DAY
<b>SQUAT TAPS</b>	1 minute	
<b>PUSH-UPS</b>	1 minute	
<b>LATERAL HOPS</b>	45 seconds	
<b>SHOULDER PRESS 1</b>	30 seconds	
<b>SHOULDER PRESS 2</b>	30 seconds	
<b>PLANK</b>	2-minute attempt	
<b>REVERSE LUNGES</b>	45 seconds	
<b>BICEP CURLS</b>	30 seconds	
<b>DIPS</b>	45 seconds	

PASSION. PATIENCE. PERSISTENCE =  
EXCELLENCE.