

# Wellbeats™

## FIT TEST 1

### FIT TEST 1 SCORECARD

	INITIAL FIT TEST		POST FIT TEST		WOMEN SCORING			MEN SCORING		
	# of Reps	Fit Score	# of Reps	Fit Score	= 1	= 2	= 3	= 1	= 2	= 3
<b>Squat Thrusts</b>					<25	25-34	>34	<32	32-39	>39
<b>Windmill Skaters</b> option touch down					<45	45-54	>54	<50	50-59	>59
<b>Push-ups on knees</b> option toes					<22	22-29	>29	<25	25-34	>34
<b>Pick-ups R</b>					<15	15-24	>24	<23	23-29	>29
<b>Pick-ups L</b>					<15	15-24	>24	<23	23-29	>29
<b>Sling Crunches</b>					<30	30-39	>39	<35	35-45	>45
<b>Squats</b>					<25	25-31	>31	<30	30-38	>38
<b>Plank Up-Downs on knees</b> option toes					<15	15-21	>21	<20	20-27	>27
<b>Front to Back Lunges R</b>					<20	20-27	>27	<25	25-34	>34
<b>Front to Back Lunges L</b>					<20	20-27	>27	<25	25-34	>34

Fit Score Total