

Wellbeats™

FIT TEST 2

FIT TEST 2 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
Burpees option jump					<18	18-24	>24	<25	25-30	>30
Windmill Skaters option lift foot					<55	55-64	>64	<60	60-64	>64
Push-ups option single leg					<32	32-39	>39	<40	40-47	>47
Pick-ups R option jump					<25	25-34	>34	<30	30-39	>39
Pick-ups L option jump					<25	25-34	>34	<30	30-39	>39
Sling Crunches					<30	30-39	>39	<35	35-44	>44
Prisoner Squats					<40	40-49	>49	<45	45-54	>54
Plank Up-Downs option single leg					<25	25-34	>34	<30	30-39	>39
Front to Back Lunges R touch down					<25	25-31	>31	<30	30-38	>38
Front to Back Lunges L touch down					<25	25-31	>31	<30	30-38	>38

Fit Score Total