



# Fitness Testing

Meet in the fitness facility on a specific day / time to complete the testing section as a group. If hybrid working, can remote teams / zoom call in with the instructor.

Simply get a stop watch and time yourself doing these 4 tests, noting down each of the results

- **1 min push up test** (Can be knees / toes – idea is to improve as time goes on)  
Begin in a pushup position on hands and toes with hands shoulder-width apart and elbows fully extended. While keeping a straight line from the toes to hips, and to the shoulders, lower your upper body so your elbows bend to 90 degrees. Push back up to the start position. That is one rep – Complete as many as you can within 1 minute.
- **1 min sit up test** (Can be full sit ups OR crunches – idea is to improve as time goes on)  
The feet should be placed 12 inches apart and the fingers interlocked behind the head. Hold the individual's ankles to maintain heel contact with the floor or tuck them under a solid object. Instruct the individual to breathe out on the way up. Begin the test and have them do as many sit-ups as they can in one minute.
- **Plank endurance test** (Hold the plank for as long as possible until form goes)  
The aim of this test is to hold an elevated position for as long as possible. Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hip is lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when the subject is unable to hold the back straight and the hip is lowered.
- **Wall squat endurance test 90°** (Hold until the form goes and write down total)  
Stand comfortably with feet approximately shoulder width apart, with your back against a smooth vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle. Move the feet position if required. Hold the position as long as possible.
- **Balance Test** (Hold on one leg until lose balance and the other foot touches down)  
Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting leg. The subject is given one minute to practice the balance. The subject raises the heel to balance on the ball of the foot. The stopwatch is started as the heel is raised from the floor.