



# Fitness Testing - Results Table to complete

<b>WK 1</b>	<b>ABS SIT-UPS</b> Reps per 1 min	<b>LEGS WALL SQUAT</b> HOLD min	<b>UPPER PUSH UPS</b> Reps per 1 min	<b>CORE PLANK</b> HOLD min	<b>BALANCE TEST</b> Secs
<b>RESULTS</b>					
<b>WK 4</b>	<b>ABS SIT-UPS</b> Reps per 1 min	<b>LEGS WALL SQUAT</b> HOLD min	<b>UPPER PUSH UPS</b> Reps per 1 min	<b>CORE PLANK</b> HOLD min	<b>BALANCE TEST</b> Secs
<b>RESULTS</b>					
<b>WK 8</b>	<b>ABS SIT-UPS</b> Reps per 1 min	<b>LEGS WALL SQUAT</b> HOLD min	<b>UPPER PUSH UPS</b> Reps per 1 min	<b>CORE PLANK</b> HOLD min	<b>BALANCE TEST</b> Secs
<b>RESULTS</b>					