

## Fitness Test

Perform this fitness test throughout the 8-week programme to ensure you are challenging yourself and progressing. If you stick with it for the entire 8 weeks, you'll see improvement and feel great.

For exercises 1 – 3 count the number of reps you complete in 1 minute and for exercises 4 – 6 record the length of time you can hold the position.

Exercise	Week 1	Week 3	Week 5	Week 8
<b>1) Squat Jump</b> 	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:
<b>2) Tricep Dip</b> 	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:
<b>3) StarFish Abs</b> 	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:
<b>4) Plank</b> 	No. seconds held:	No. seconds held:	No. seconds held:	No. seconds held:
<b>5) Wall Sit</b> 	No. seconds held:	No. seconds held:	No. seconds held:	No. seconds held:
<b>6) Arabesque pose</b> 	No. seconds held:	No. seconds held:	No. seconds held:	No. seconds held: