

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
1) Squat Jump 	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:
2) Tricep Dip 	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:
3) StarFish Abs 	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:	No. of reps in 1 minute:
4) Plank 	No. seconds held:	No. seconds held:	No. seconds held:	No. seconds held:
5) Wall Sit 	No. seconds held:	No. seconds held:	No. seconds held:	No. seconds held:
6) Arabesque pose 	No. seconds held:	No. seconds held:	No. seconds held:	No. seconds held: