



FITNESS TEST

NAME _____ ID # _____ PHONE # _____
EMAIL: _____ TEST# _____ OFFICIAL TIME: _____
WEIGHT: _____ HEIGHT: _____ AGE: _____ HEIGHT: _____ DATE OF TEST: _____

Baseline

Note whether exercises are performed independent or grouped together.

1. Max Push-ups _____
2. Max Pull-ups _____
3. 20-rep Walking Lunge _____
4. Plank hold _____
5. 3 – mile run _____
6. Jump Rope (# in 1 min.) _____

BW01 TEST

Perform one round as warm-up. Perform the second round for time.

1. BW Squat 20
2. Push-up 20
3. SB Jackknife 20
4. SB Hamstring Curl 20
5. Pull-up (or assisted pull-up) 5
6. Walking Lunge 20
7. Push-up Arc 10
8. Side Plank 20
9. Step-up 20
10. Inverted Row 20
11. Burpee 10

TIME: _____

BW02 TEST

Perform one round as warm-up. Perform the second round for time.

1. Pull-ups 10
2. Jumps 10
3. Crunch Set 45 (15/15/15)
4. MB Alt hand Pushup 20
5. Jump Rope :60 (count jumps)
6. Russian Twist 30
7. Inverted Row 15
8. Side Lunges 10 ea.
9. Core Row 10 ea.
10. Close Grip Push-up 20
11. DB Snatch (workup 1-5) 15 ea.

TIME: _____

BW03 TEST

Perform one round as warm-up. Perform the second round for time.

1. Big Rope (drum roll max effort) :30
2. Wtd Walking Lunge (note lbs) 10 ea.
3. Push-ups 40
4. TRX Row 20
5. MB Slam Shuffle 10
6. SB Pass 10
7. Obstacle Push-up arc 20
8. Chin-Up 15
9. Wtd Step-up (note lbs) 10 ea.
10. Glider Set 10
11. Big Rope (:30-2 hand,:30 Slam).....:60

TIME: _____