



PPL10 - FITNESS TESTING RECORD FOR: \_\_\_\_\_ PERIOD: \_\_\_\_\_



The six components of fitness are: muscular strength, muscular endurance, cardio-respiratory endurance, body composition, flexibility and agility.

I am going to work to improve...(remember to include how you will achieve this!)

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Anthropometric Measures	Date:	Sep	Nov	Jan	Comments
	Weight (kg & lbs)				
	Height (m & feet-inches)				
	% Body Fat (electronic)				
Aerobic	Date:	Sep	Nov	Jan	Comments
	2400m Run				
	Beep Test (level – lengths)				
Agility, Flexibility & Balance	Date:	Sep	Nov	Jan	Comments
	Stork Stand (up to 60sec)	L:___R:___	L:___R:___	L:___R:___	
	Lateral Balance Board (up to 60sec)				
	Wilson Shoulder Test (cm)	L:___R:___	L:___R:___	L:___R:___	
	Modified Sit & Reach (cm)				
Power, Strength & Muscular Endurance	Date:	Sep	Nov	Jan	Comments
	Vertical Jump (in cm)				
	Standing Broad Jump (in cm)				
	1RM Flat Bench (using prediction tables)				
	Hand Grip strength (in lbs)	L:___R:___	L:___R:___	L:___R:___	
	Curls ups in 1 minute				
	Push ups in a row				
	Pull ups				
Dips (chest to bar & up)					

