

FITNESS TEST

SKILL-BASED FITNESS TEST

BODYWEIGHT SQUAT	REPS	LEVEL
Keep your feet shoulder-width apart and toes turned out slightly. Brace your core and lower until your thighs are parallel to the floor and your knees are in line with your feet. Push back to the start through your heels. Test is over when you can't maintain perfect form.	50+	Excellent
	30-49	Good
	16-29	Average
	<15	Poor

PUSH-UPS	REPS	LEVEL
Keep your body in a straight line and your elbows pointing back, not to the side. Lower until your chest touch the floor, then push back up. The test is over when you can't maintain perfect form.	50+	Excellent
	25-49	Good
	16-24	Average
	<15	Poor

PULL-UPS	REPS	LEVEL
Grip the bar overhand, extend your arms fully and let your body hang. Pull up until your chin is over the bar, squeezing your back. Lower again without swinging. The test is over when you can't do perfect repetition anymore.	12+	Excellent
	8-11	Good
	4-7	Average
	<3	Poor

ELBOW PLANK	TIME	LEVEL
Hold your body in a straight line from head to heels. Keep your feet together and your elbows beneath your shoulders. Look straight down and brace for as long as you can. Focus on keeping your hips from sagging. The test is over when you can't maintain perfect form.	120+ seconds	Excellent
	75-120 seconds	Good
	45-75 seconds	Average
	<45 seconds	Poor

FITNESS TEST

ENDURANCE-BASED FITNESS TEST

1KM RUN	TIME	LEVEL
Run for 1 kilometer.	180 seconds or less	Excellent
	180-210 seconds	Good
	210-240 seconds	Average
	240 seconds or more	Poor

COOPER TEST

Age		Very good	Good	Average	Bad	Very bad
13-14	M	2700+ m	2400 - 2700 m	2200 - 2399 m	2100 - 2199 m	2100- m
	F	2000+ m	1900 - 2000 m	1600 - 1899 m	1500 - 1599 m	1500- m
15-16	M	2800+ m	2500 - 2800 m	2300 - 2499 m	2200 - 2299 m	2200- m
	F	2100+ m	2000 - 2100 m	1700 - 1999 m	1600 - 1699 m	1600- m
17-20	M	3000+ m	2700 - 3000 m	2500 - 2699 m	2300 - 2499 m	2300- m
	F	2300+ m	2100 - 2300 m	1800 - 2099 m	1700 - 1799 m	1700- m
20-29	M	2800+ m	2400 - 2800 m	2200 - 2399 m	1600 - 2199 m	1600- m
	F	2700+ m	2200 - 2700 m	1800 - 2199 m	1500 - 1799 m	1500- m
30-39	M	2700+ m	2300 - 2700 m	1900 - 2299 m	1500 - 1899 m	1500- m
	F	2500+ m	2000 - 2500 m	1700 - 1999 m	1400 - 1699 m	1400- m
40-49	M	2500+ m	2100 - 2500 m	1700 - 2099 m	1400 - 1699 m	1400- m
	F	2300+ m	1900 - 2300 m	1500 - 1899 m	1200 - 1499 m	1200- m
50+	M	2400+ m	2000 - 2400 m	1600 - 1999 m	1300 - 1599 m	1300- m
	F	2200+ m	1700 - 2200 m	1400 - 1699 m	1100 - 1399 m	1100- m