

QUALITY **EDSTART**

Fitness
Resources Booklet



Fitness Scorecards

FITNESS TEST SCORE CARD

NAME		
WEEK 1 TEST	WEEK 6 TEST	DIFFERENCE
HOW MANY IN 30 SECONDS		
Triceps Dips		
Shuttle Runs		
Star jumps		
Plank		
Squats		
Sit-Ups		
Burpees		
Squat Jumps		
Skipping		
Back Support		
V-Sit Hold		
Push-ups		

FITNESS TEST SCORE CARD

NAME		
WEEK 1 TEST	WEEK 6 TEST	DIFFERENCE
HOW MANY IN 30 SECONDS		
Triceps Dips		
Shuttle Runs		
Star jumps		
Plank		
Squats		
Sit-Ups		
Burpees		
Squat Jumps		
Skipping		
Back Support		

FITNESS TEST SCORE CARD

NAME

WEEK 1 TEST

WEEK 6 TEST

DIFFERENCE

HOW MANY IN 30 SECONDS

Triceps Dips

Shuttle Runs

Star jumps

Plank

Squats

Sit-Ups

Burpees

Squat Jumps

FITNESS TEST SCORE CARD

NAME		
WEEK 1 TEST	WEEK 6 TEST	DIFFERENCE
HOW MANY IN 30 SECONDS		
Triceps Dips		
Shuttle Runs		
Star jumps		
Plank		
Squats		
Sit-Ups		



Fitness Testing Labels

Triceps Dips

Shuttle Runs

Star Jumps

Plank

Squats

Sit-Ups

Burpees

Squat Jumps

Skipping

Back Support

V-Sit Hold

Push-Ups



Fitness Station Labels

Shuttle Runs

Cardio

Skipping

Cardio

Star Jumps

Cardio

Burpees

Cardio

Leg Cycles

Cardio

Speed Bounce

Cardio

V-Sit

Core

Tuck Hold

Core

Arch

Core

Plank

Core

Sit Ups

Core

Back Support

Core

Triceps Dip

Arms & Legs

The Cross

Arms & Legs

Push Ups

Arms & Legs

Heel Raises

Arms & Legs

Squat Jumps

Arms & Legs

Mountain Climbers

Arms & Legs

Rock Back Jumps

Arms & Legs

Spotted Dogs

Arms & Legs