

QUALITY EDSTART

**Fitness
Resources Booklet**

QUALITY EDSTART

Fitness Scorecards

FITNESS TEST SCORE CARD

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

COMPETING EDSTART

FITNESS TEST SCORE CARD

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

FITNESS TEST SCORE CARD

NAME

WEEK 1 TEST	WEEK 6 TEST	DIFFERENCE
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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

Starjumps

Plank

Squats

Sit-Ups



Fitness Testing Labels

QUALITY
EDSTART

Triceps Dips

QUALITY
EDSTART

Shuttle Runs

QUALITY
EDSTART

Star Jumps

QUALITY
EDSTART

Plank

QUALITY
EDSTART

Squats

QUALITY
EDSTART

Sit-Ups

QUALITY
EDSTART

Burpees

QUALITY
EDSTART

Squat Jumps

QUALITY
EDSTART

Skipping

QUALITY
EDSTART

Back Support

QUALITY
EDSTART

V-Sit Hold

QUALITY
EDSTART

Push-Ups



Fitness Station Labels

QUALITY
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Shuttle Runs

Cardio

QUALITY
EDSTART

Skipping

Cardio

QUALITY
EDSTART

Star Jumps

Cardio

QUALITY
EDSTART

Burpees

Cardio

QUALITY
EDSTART

Leg Cycles

Cardio

QUALITY
EDSTART

Speed Bounce

Cardio

QUALITY
EDSTART

V-Sit

Core

QUALITY
EDSTART

Tuck Hold

Core

QUALITY
EDSTART

Arch

Core

QUALITY
EDSTART

Plank

Core

QUALITY
EDSTART

Sit Ups

Core

QUALITY
EDSTART

Back Support

Core

QUALITY
EDSTART

Triceps Dip

Arms & Legs

QUALITY
EDSTART

The Cross

Arms & Legs

QUALITY
EDSTART

Push Ups

Arms & Legs

QUALITY
EDSTART

Heel Raises

Arms & Legs

QUALITY
EDSTART

Squat Jumps

Arms & Legs

QUALITY
EDSTART

Mountain Climbers

Arms & Legs

QUALITY
EDSTART

Rock Back Jumps

Arms & Legs

QUALITY
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Spotted Dogs

Arms & Legs