

Fitness Test Workout 1

You can find the video to match this workout in the workout section marked 'Fitness Tests'. This is **Fitness Test 1**. The Video will give you all of the correct techniques to each exercise.

Do all of the following exercises and time yourself. Try to beat your record each time you repeat the test.

	DATE	DATE	DATE	DATE	DATE	DATE
	Time	Time	Time	Time	Time	Time
20 Butt Kicks (both legs count as one rep)						
20 Plank Jacks						
10 Walking Burpees						
20 Cycle Crunches (elbow must touch both knees for one rep)						