

WORKOUT TWELVE

Test day

Date: ___/___/___

1. What is your bodyweight? Weight _____
2. Warmup (20 High Knees + 30 forward arm circle, 30 backwards arm circles, 30 Jumping Jacks, 30 Front Kicks)
3. How long does it take you to run or walk 1 mile? Time _____
***Interval: alternate 2-minute higher pace run/jog + 1-minute lower pace walk/jog (if needed). ***
4. How many pushups can you do without stopping? Reps _____
5. How many sit-ups can you do without stopping? Reps _____
6. What is your Sit and Reach Flexibility Score (you will need a tape measure to perform this test)? Inches _____
7. How long can you hold a wall sit before you break position? Time _____
8. Stretching
 - a. Stretch any muscles that feel tight.