

YPB Workout 12

Test Day

Date: ___/___/___

1. What is your bodyweight? Ideally take this in the morning right after you wake up. Weight _____
2. Warmup (Jog for 3 minutes, 30 forward arm circles, 30 backwards arm circles, 30 Jumping Jacks, 30 Front Kicks).
3. How long does it take you to run or walk 1 mile? Time _____
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? Inches _____
You will need a tape measure to perform this test.
7. How long can you hold a Wall Sit before you break position? Time _____
8. Stretching
 - a. Stretch any muscles that feel tight.

