

# FIT *Test*



All right, guys, it's time to see where you're at in your strength, endurance, mobility & flexibility. Whatever you do, don't skip this step. This step is going to show strengths & weaknesses. It will be hard to build a plan or progress with no starting point.

Set a timer for the first three exercises and do as many as you can with good form in 1 minute. **If you DO NOT have access to heavier weights** to perform your 1-3 reps max, **set a timer and see how many you can do** with your heaviest weight

|                                    | <i>Week 1</i>        | <i>Week 6</i> | <i>Week 12</i> |
|------------------------------------|----------------------|---------------|----------------|
| Push-ups MAX                       | <input type="text"/> |               |                |
| Pull-ups MAX<br>or Inverted Row    | <input type="text"/> |               |                |
| Plank Time                         | <input type="text"/> |               |                |
| 1-3 Reps MAX<br>Squat              | <input type="text"/> |               |                |
| 1-3 Reps MAX<br>Hip Thrust         | <input type="text"/> |               |                |
| 1-3 Reps MAX<br>Shoulder Press     | <input type="text"/> |               |                |
| MAX Full<br>Burpees in<br>1 minute | <input type="text"/> |               |                |

**Progress improves when progress is measured, and when progress is tracked, it accelerates**

~ Pearsons Law ~