

WALK TEST

- This test measures aerobic capacity. Walk the distance as fast as possible.
- Start when timer says to begin.
- Running is not allowed.
- When the distance is complete, take a heart rate by counting manually or using a heart rate monitor.
- Record the time to complete the walk and your heart rate. Record your height and weight.



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HUMAN KINETICS

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PUSH-UP (90 DEGREES)

- This test measures upper-body strength. Do as many push-ups as you can.
- Begin with hands under the shoulders, fingers stretched out, legs straight, and back straight.
- Bend arms until elbows are at 90 degrees, keeping back and legs straight. Then push up to starting position.
- Stay with the cadence from the CD.
- Stop test on second incorrect push-up. Record score.



90° Push-Up: Standards for Healthy Fitness Zone®

Age	Boys (no. completed)	Girls (no. completed)
5	≥3	≥3
6	≥3	≥3
7	≥4	≥4
8	≥5	≥5
9	≥6	≥6
10	≥7	≥7
11	≥8	≥7
12	≥10	≥7
13	≥12	≥7
14	≥14	≥7
15	≥16	≥7
16	≥18	≥7
17	≥18	≥7
>17	≥18	≥7