**Fitness test recording Sheet**

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| --- | --- | --- | --- | --- | --- |
| **Test** | **Result 1** | **Result 2** | **Result 3** | **Highest result** | **Standards rating** |
| **Skin-fold test** | **Bicep: Tricep: Shoulder blade:**  **Hip: Abdominal: Total:** | | | |  |
| **Vertical jump** |  |  |  |  |  |
| **Handgrip Left** |  |  |  |  |  |
| **Handgrip right** |  |  |  |  |  |
| **Illinois agility test** |  | | |  |  |
| **40 metre sprint** |  | | |  |  |
| **Sit-up test (1 min)** |  | | |  |  |
| **Multi-stage fitness test** |  |  |  |  |  |