

# Fitness Test

Here is a fitness test that we will be doing to see how far we have come during this round of BLC.

Do as many of each of the exercise as you can in 1 minute, for the plank hold it for as long as you can. Remember you want good form so don't sacrifice that for a high number of reps. Modify where you need to.

Week 2		
	Number Done	Notes (such as modified or type or wgt used)
Push-ups		
Crunches		
Lunges		
Bicep Curls		
Squats		
Plank		

Week 5			
	Number done	wgt. used/notes (such as modified or type)	Compare to wk 2
Push-ups			
Crunches			
Lunges			
Bicep Curls			
Squats			
Plank			

<b>Week 9</b>			
	<b>Number done</b>	<b>wgt. used/notes (such as modified or type)</b>	<b>Compare to wk 5</b>
<b>Push-ups</b>			
<b>Crunches</b>			
<b>Lunges</b>			
<b>Bicep Curls</b>			
<b>Squats</b>			
<b>Plank</b>			

<b>Week 12</b>			
	<b>Number done</b>	<b>wgt. used/notes (such as modified or type)</b>	<b>Compare to wk 2</b>
<b>Push-ups</b>			
<b>Crunches</b>			
<b>Lunges</b>			
<b>Bicep Curls</b>			
<b>Squats</b>			
<b>Plank</b>			

How Did you improve this round?