

- each block lasts 4 minutes
- complete as many sets as you can in those 4 minutes
- rest 1 minute between blocks—just enough time to write down #'s and technique notes about each
- excluding warm up and cool down, entire assessment should last 29 minutes
- pay attention to technique & don't sacrifice form for more reps
- print a new form each time you test so you can compare results
- correlating video available at [youtube.com/programfit](https://youtube.com/programfit)

Date of completion:

Time of day:

Energy level, injuries affecting you, previous meal, or anything to note:



## 1 10 hover taps + 10 jump squats = 1 set

*# of sets & notes about technique. (hovers—were you on knees or toes? Squats—did you touch the ground? If not, how far down did you reach? List anything descriptive that would be helpful for you to know.*

## 2 10 forward stepping lunges + 10 air jacks = 1 set

*# of sets & notes about technique. Lunges—where did you touch? Jacks—what type? Low, high, normal? List anything descriptive that would be helpful for you to know.*

## 3 10 lateral leaps + walk out plank with 10 knees to elbows = 1 set

*# of sets & notes about technique. Leaps—how far apart were your markers? Did you leap or step? Planks—knees or toes? List anything descriptive that would be helpful for you to know.*

## 4 10 bridge step touches + 10 straight leg kicks = 1 set

*# of sets & notes about technique. Bridges—where did you put your arms? How high did you lift? Kicks—where did you touch? Your feet, your shins? Did you have to bend forward to do so, or could you touch your leg without doing that?*

## 5 10 push steps + 10 side hover taps (5 each side) = 1 set

*# of sets & notes about technique. Push steps—did you jump or step? How far forward? Side hovers—any thing to note about your form?*

## 6 10 push ups + 10 windmills = 1 set

*# of sets & notes about technique. Push ups—how low did you go? Knees or toes? Windmills—how far down your leg did you touch? Anything else helpful to know?*