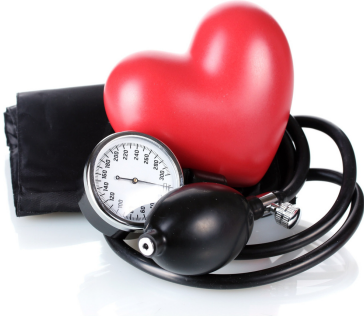




Kelly's  
Health & Fitness  
Academy

○ Mindfulness ○ Wellbeing ○ Nutrition



# FIT TEST

WEEK'S

## CARDIO

- Total Jumping Jacks in 30 seconds
- Total high knees in 30 seconds
- Total squat jumps in 30 seconds

1

4

8

## STRENGTH

- Total floor triceps dips in 30 seconds
- Total seconds in high plank position
- Total seconds in wall squat position

1

4

8

## FLEXIBILITY

- Sit and reach test
- Shoulder reach test (right arm up)
- Trunk rotation test

1

4

8