



## Blast Fitness Camps Fitness Testing Protocol:

Please watch this video: [https://www.youtube.com/watch?v=2TA2\\_rkojXQ](https://www.youtube.com/watch?v=2TA2_rkojXQ)

		Date:	Date:	Date:
<b>Test Number</b>				
<b>1</b>	Resting Heart Rate Upon Waking (record before getting out of bed)			
<b>2</b>	HR Pre Test			
	3 Minute Sub Maximal Step Up Test (8-12 inch step) <a href="http://www.metronomeonline.com/">http://www.metronomeonline.com/</a> (96 beats per minute)			
	HR in a minute Immediately after finishing			
<b>3</b>	HR Pre- Test			
	1 minute of Press Ups (reps achieved here)			
	HR Post			
	HR 1 Minute Post			
	HR 2 Minutes Post			
<b>4</b>	HR Pre- Test			
	1 minute of Squats (reps achieved here)			
	HR Post			
	HR 1 Minute Post			
	HR 2 Minutes Post			
<b>5</b>	HR Pre- Test			
	1 minute Plank			
	HR Post			
	HR 1 Minute Post			
	HR 2 Minutes Post			
<b>6</b>	HR Pre- Test			
	1 minute Jumping Jacks (reps)			
	HR Post			
	HR 1 Minute Post			
	HR 2 Minutes Post			
<b>7</b>	HR Pre- Test			
	60 Sec Leg Crank (1 squat, 1 lunge each leg, 1 swap-over each leg, 1 jump squat) No. of rounds & reps			
	HR Post			
	HR 1 Minute Post			
	HR 2 Minutes Post			