

Fitness Testing

TEACHER: _____

Name: _____ Period: _____

TESTS	PRE	MIDTERM	POST
Cardio Test			
1 Mile			
Muscular Strength/Endurance			
Push-ups			
Curl-Ups			
Height			
Weight			
Flexibility			
Sit and Reach			
Trunk Lift			
Resting Heart Rate			

Calculating your training heart rate:

220 minus your age $220 - \underline{\hspace{2cm}} = (a) \underline{\hspace{2cm}}$

Multiply (a) by .60 (60%) and .80 (80%) $(a) \underline{\hspace{2cm}} \times .6 = (b) \underline{\hspace{2cm}}$

$(a) \underline{\hspace{2cm}} \times .8 = (c) \underline{\hspace{2cm}}$

(a) = your maximum heart rate

(b) = minimum training heart rate – the lowest rate at which you should train to receive minimum aerobic heart conditioning benefits.

(c) = maximum training heart rate – the highest rate at which you should train to receive maximum aerobic heart conditioning benefits.

GOAL: Your heart rate should decrease as you become more fit!

