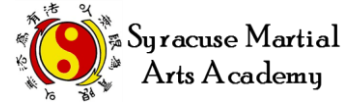


Personal Fitness Level Test



Warm-up by doing 5-10 minutes of jump rope or heavy bag work.

Then

For Time:

- 1 [Burpee](#) 2 [Hindu Squats](#)
- 2 Burpee's 4 Hindu Squats
- 3 Burpee's 6 Hindu Squats
- 4 Burpee's 8 Hindu Squats
- 5 Burpee's 10 Hindu Squats

10 V-Ups

- 1 Burpee 2 Hindu Squats
- 2 Burpee's 4 Hindu Squats
- 3 Burpee's 6 Hindu Squats
- 4 Burpee's 8 Hindu Squats
- 5 Burpee's 10 Hindu Squats

10 Hand release push-ups

- 1 Burpee 2 Hindu Squats
- 2 Burpee's 4 Hindu Squats
- 3 Burpee's 6 Hindu Squats
- 4 Burpee's 8 Hindu Squats
- 5 Burpee's 10 Hindu Squats

10 V-Ups

- 1 Burpee 2 Hindu Squats
- 2 Burpee's 4 Hindu Squats
- 3 Burpee's 6 Hindu Squats
- 4 Burpee's 8 Hindu Squats
- 5 Burpee's 10 Hindu Squats

10 Hand release push-ups

Time Tracking	
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Date

Time

Goal:
