## CARDIORESPIRATORY EFFICIENCY TEST

This cardiorespiratory efficiency test is measuring cardiovascular and muscular endurance by performing five tests ranging from 1 to 6 minutes. Perform each test for as long as you can. You must complete a full minute to count as one point. The ultimate goal is to perform all five tests for the maximum 6 minutes each, while only having 60 seconds of rest in between each test. Try your best to improve every time you play with more points to beat your previous high score. The highest score possible is 30 points, which would take 35 minutes in total. Good luck!

## PURPOSE

- To assess and be aware of current fitness levels relative to age and gender.
- To establish a baseline from the very first day, please take on DAY ONE.
- To evaluate progress, repeat the test every 7 days throughout program.
- To aid in the development of cardiovascular and muscular endurance.


## JUMP ROPE

| Minutes performed: | 1 | 2 | 3 | 4 | 5 | 6 | (Circle time completed) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | **REST AND RECOVER FOR 60 SECONDS** |  |  |  |  |
| STRAIGHT JAB |  |  |  |  |  |  |  |
| Minutes performed: | 1 | 2 | 3 | 4 | 5 | 6 | (Circle time completed) |
| **REST AND RECOVER FOR 60 SECONDS** |  |  |  |  |  |  |  |
| HIGH KNEE |  |  |  |  |  |  |  |
| Minutes performed: | 1 | 2 | 3 | 4 | 5 | 6 | (Circle time completed) |
| **REST AND RECOVER FOR 60 SECONDS** |  |  |  |  |  |  |  |
| JUMPING JACK |  |  |  |  |  |  |  |
| Minutes performed: | 1 | 2 | 3 | 4 | 5 | 6 | (Circle time completed) |
| **REST AND RECOVER FOR 60 SECONDS** |  |  |  |  |  |  |  |
| BOOTY KICK |  |  |  |  |  |  |  |
| Minutes performed: | 1 | 2 | 3 | 4 | 5 | 6 | (Circle time completed) |
| **REST AND RECOVER FOR 60 SECONDS** |  |  |  |  |  |  |  |

## Stop your watch now if you are using a heart rate monitor.

Well done! Now add up your score. Every minute completed equals one point. The ultimate goal is to get 30 points, "High Power / Half Hour."
TOTAL SCORE: $\qquad$

## DATE:

$\qquad$

GRADING SCALE $\qquad$ HEART RATE MONITOR
(optional purchase)

| POINTS | LEVEL | RESULTS |
| :--- | :--- | :--- | :--- |
| $26-30$ | 6 | Time: |
| $21-25$ | 5 | Calories: |
| $16-20$ | 4 | Average BPM: |
| $11-15$ | 3 | Maximum BPM: |
| $6-10$ | 2 |  |
| $0-5$ | 1 | **Please watch Demonstration Videos for review of this test. |

