CARDIORESPIRATORY EFFICIENCY TEST

PLIRPOSE

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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!

I OI II OOL								
• To assess and be awa	are of currer	nt fitness le	vels relative t	o age and g	ender.			
• To establish a baseline	e from the v	ery first da	y, please take	e on DAY ON	NE.			
• To evaluate progress,	repeat the t	test every	7 days throug	hout progra	m.			
To aid in the development	ment of card	liovascular	and muscula	r endurance).			
JUMP ROPE								
Minutes performed:	1	2	3	4	5	6	(Circle time completed)	
			REST A	AND RECOV	ER FOR 60 S	SECONDS		
STRAIGHT JAB								
Minutes performed:	1	2	3	4	5	6	(Circle time completed)	
			BEST A	ND RECOV	ER FOR 60 S	SECONDS		
LICH KNEE			112017	II VD TILOOV	2111 011 00 0	32001130		
HIGH KNEE Minutes performed:	 1	2	3	4	5	6	(Circle time completed)	
will atos performed.	,	_		·	-		(Onoic time completed)	
			REST A	AND RECOV	ER FOR 60 S	SECONDS		
JUMPING JACK								
Minutes performed:	1	2	3	4	5	6	(Circle time completed)	
			REST A	AND RECOV	ER FOR 60 S	SECONDS		
BOOTY KICK								
Minutes performed:	1	2	3	4	5	6	(Circle time completed)	
			REST A	AND RECOV	ER FOR 60 S	SECONDS		
Stop your watch now	v if you are	using a h	eart rate mo	nitor.				
Well done! Now add up	o your score	. Every mir	nute complete	ed equals on	e point. The	ultimate goal is to	get 30 points, "High Power / Half Hour."	
TOTAL SCORE:		_ DATE	·					
		_ DAIL	•					
GRADING SCAL	E				HEART	RATE MONI	TOR (optional purchase)	
POINTS	POINTS LEVEL				RESULT	RESULTS		
26 – 30	- 30 6				Time:	Time:		
21 – 25	5				Calories:	Calories:		
16 – 20	4	4 Average BPM:						
11 – 15	3	3 Maximum BPM:						
6 – 10	2							

**Please watch Demonstration Videos for review of this test.