

# GAME TIME TEST

This 40-minute physical training test will help build a foundation and allow you to know your fitness level. Please take the test on DAY TWO of WEEK ONE and every 30 days after to track your progress (recommended to take test in replacement of “Advanced Option” day). Don’t forget to record the repetitions or seconds you complete. Try to improve every time you play with more points to beat your previous high score.

**WARM UP** - 1 minute each exercise = 5 minutes in total.

- (00:00) SAND TWIST
- (01:00) FENCE JUMP
- (02:00) CRISS CROSS
- (03:00) FRONT KICK
- (04:00) SKY REACH

Rest and recover for 60 seconds.

**GAME** - Rest and recover for 60 seconds after each exercise.

- (06:00) 1- STANDARD PUSH UP for 3 minutes: \_\_\_\_\_
- (10:00) 2- BENT KNEE for 3 minutes: \_\_\_\_\_
- (14:00) 3- SUMO SQUAT for 3 minutes: \_\_\_\_\_
- (18:00) 4- SUPERMAN STATIC for 3 minutes: \_\_\_\_\_
- (22:00) 5- SURF POP UP for 2 minutes: \_\_\_\_\_
- (25:00) 6- MOUNTAIN CLIMBER for 2 minutes: \_\_\_\_\_
- (28:00) 7- WINDSHIELD WIPER for 2 minutes: \_\_\_\_\_
- (31:00) 8- ALTERNATING LUNGE for 2 minutes: \_\_\_\_\_

**OVERTIME** - Rest and recover for only 30 seconds after each exercise.

- (34:00) 9- STANDARD PUSH UP for 1 minute: \_\_\_\_\_
- (35:30) 10- BENT KNEE for 1 minute: \_\_\_\_\_
- (37:00) 11- SUMO SQUAT for 1 minute: \_\_\_\_\_
- (38:30) 12- SURF POP UP for 1 minute: \_\_\_\_\_

**Stop your watch at 40:00 minutes if you are using a heart rate monitor.**

Great job! Now add up your score. Every repetition or second completed equals one point.  
(For example, a Superman Static max score for completing all 3 minutes would be 180 points.)

**TOTAL SCORE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

## GRADING SCALE

## HEART RATE MONITOR (optional purchase)

POINTS	LEVEL	RESULTS
1,000 – 1,199	6	Time:
800 – 999	5	Calories:
600 – 799	4	Average BPM:
400 – 599	3	Maximum BPM:
200 – 399	2	
0 – 199	1	

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