

# ABE'S FOCUS ON FITNESS CHALLENGE

## AT HOME FITNESS SELF ASSESSMENT

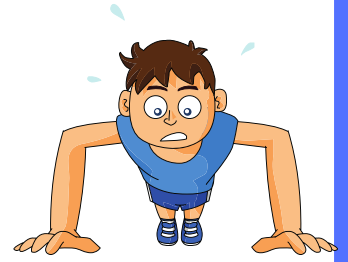
### UPPER BODY STRENGTH TEST

#### Push Ups or Modified Push Ups

How many can you do in 1 minute?

Start of Focus on Fitness Challenge \_\_\_\_\_

End of Focus on Fitness Challenge \_\_\_\_\_



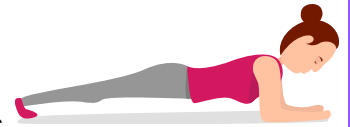
### CORE STRENGTH TEST

#### Plank

How long can you hold the plank?

Start of Focus on Fitness Challenge \_\_\_\_\_ Seconds

End of Focus on Fitness Challenge \_\_\_\_\_ Seconds



### LOWER BODY STRENGTH TEST

#### Squats

How many can you do in 1 minute?

Start of Focus on Fitness Challenge \_\_\_\_\_

End of Focus on Fitness Challenge \_\_\_\_\_



### AEROBIC ENDURANCE TEST

#### Box Step Ups

Find a step or you can use a curb near your house. Step up with your left foot, then your right. Step down left foot first then right. Then step up with right first. Alternating for 3 minutes going as fast as you can.

What is your pulse after 3 minutes?

Start of Focus on Fitness Challenge \_\_\_\_\_ Beats per minute

End of Focus on Fitness Challenge \_\_\_\_\_ Beats per minute



### REMEMBER

Use correct form! "Cheating" on your form is cheating on yourself!

