

Fitness Test Results

<u>Fitness Test</u>	<u>Result</u>	<u>Normative Data</u>
Multi-stage fitness test		
Grip dynamometer		
30m Sprint test		
1 minute press up test		
1 minute sit up test		
Wall sit test		
T-test		
Stork stand test		
Wall toss test		
Vertical jump test		

Standing long jump test		
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