

8 to Great – baseline test

EWSNetwork is challenging you to be even *more* fit in just short 8 weeks! Are you up for it? Complete 6 baseline tests and see if you have improved after 8 weeks of training! You may want to complete these tests outside so you have adequate room to freely move.

TEST	INSTRUCTIONS		RESULTS
HIGH KNEE RUN	Run on the spot while having your knees touch your hands held at 90 degrees at the elbow. How many reps can you do in 60 seconds?		
PLANK	Hold a plank with good form. How long can you hold it?		
PUSHUPS	Do push ups with good form with your nose touching the ground on each rep. How many can you do in a row?		
BEEP TEST	Side run from marker to marker that are placed 20 feet apart. How many times can you shuffle between them, touching the marker each time? How many reps can you do in 60 seconds?		
FLEXIBILITY TEST	Start the measuring tape at the knee and measure how far you can reach when you place one hand over the other. Slowly stretch forward without bouncing or jerking. (Best out of 3).		
ISOMETRIC SQUAT TEST	Keeping your heels grounded and your knees aligned, how long can you hold an isometric squat?		