

## *Physical Fitness Test by Zuchora*

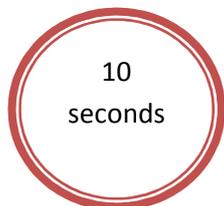
The test allows to evaluate the level of physical fitness among people aged 6-70. The activities are designed to engage muscles of all body and check your physical abilities in 6 different areas: speed, jumping ability, arm strength, flexibility, abdominal muscle strength and endurance. The results of test-takers are calculated objectively by means of e.g. their foot length or clasps, and regardless of one's age, height or weight.

We use a 6-grade scale to evaluate our physical fitness. It is said that the lowest grade may be easily achieved by 90% of population. The higher up the scoring rate, the fitter and more physically advanced the test taker is. Here is the percentage scale of population able to achieve different difficulty levels:

DIFFICULTY LEVEL/GRADES	PERCENTAGE RATE OF POPULATION ABLE TO DO THE ACTIVITY
minimal (1)	90%
satisfactory (2)	80%
good (3)	60%
very good (4)	40%
excellent (5)	20%
outstanding (6)	10% (mostly the Olympic athletes and sportsmen)

The test may be used as a self-evaluation tool. Do the test and check how fit you are and which group you belong to. If you feel dissatisfied with your achievements, try to exercise on a daily basis. The effects of improvement in your fitness will be noticeable after a week of regular training. Don't forget that though the initial progress is attained in a short period of time, you will need more time to do more demanding modifications and varieties of the exercises. Keep calm and carry on practising!

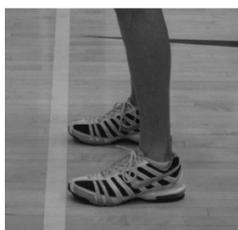
## 1. SPEED



Run fast in place for 10 seconds raising your knees high with each step. Clap your hands under the raised leg. Count the clasps and check your score.

Difficulty level	Grade	Female	Male
Minimal	1	12	15
Satisfactory	2	16	20
Good	3	20	25
Very good	4	25	30
Excellent	5	30	35
Outstanding	6	35	40

## 2. JUMPING ABILITY



Draw a line on the ground. Stand with feet apart (keep your toes before the line), take a big arm swing and jump forward as far as possible. Turn back on one heel (don't take the foot off the ground!) and count the distance using your feet heel-to-toe.

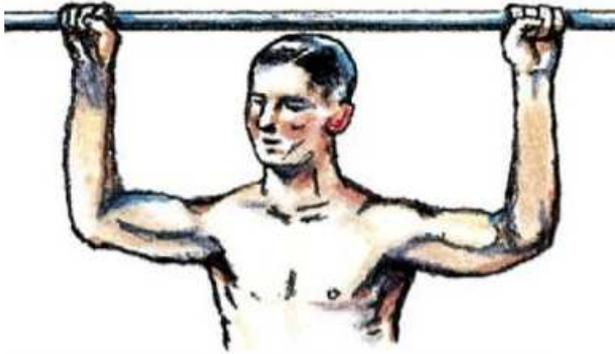
If you reach the starting line with a result of e.g. 4 and LESS than  $\frac{1}{2}$  of your foot – round your score down to 4.

If you reach the line with 4 and MORE than  $\frac{1}{2}$  of your foot – round your score up to 5.

Difficulty level	Grade	Female	Male
Minimal	1	5	5
Satisfactory	2	6	6
Good	3	7	7
Very good	4	8	8
Excellent	5	9	9
Outstanding	6	10	10

### 3. ARM STRENGTH

Grab the horizontal bar with both hands and let your body hang (your feet are off the ground). Try to do the following activities:



Difficulty level	Grade	Female	Male
Minimal	1	Hang with your arms straight for 3 seconds.	Hang with your arms straight for 10 seconds.
Satisfactory	2	Hang with your arms straight for 10 seconds.	Hang with your ONE arm straight for 10 seconds.
Good	3	Hang with your ONE arm straight for 3 seconds.	Hang on the bar with both hands and pull up your body. Bend your arms and keep your head over the bar for 3 seconds.
Very good	4	Hang with your ONE arm straight for 10 seconds.	Hang on the bar with both hands and pull up your body. Bend your arms and keep your head over the bar for 10 seconds.
Excellent	5	Hang on the bar with both hands and pull up your body. Bend your arms and keep your head over the bar for 3 seconds.	Hang on the bar with both hands and pull up your body keeping your head over the bar. Let one hand off the bar and endure 10 seconds.
Outstanding	6	Hang on the bar with both hands and pull up your body. Bend your arms and keep your head over the bar for 10 seconds.	Hang on the bar with both hands and pull up your body keeping your head over the bar. Let one hand off the bar and endure 10 seconds. Then alternate the arm and endure another 10 seconds.

#### 4. FLEXIBILITY



Stand up straight with your feet together. Don't bend your knees. Make a bow and try to do the following exercises.

Difficulty level	Grade	Female/Male
Minimal	1	Grab your ankles.
Satisfactory	2	Touch your toes with your fingertips.
Good	3	Touch the ground with your fingertips.
Very good	4	Touch the ground with all your fingers spread wide.
Excellent	5	Touch the palms of your hands on the ground.
Outstanding	6	Touch your knees with your head.

#### 5. ENDURANCE



Run as long as you can (without a break). Measure the distance you've run (in meters).

Difficulty level	Grade	Female	Male
Minimal	1	200m	400m
Satisfactory	2	500m	1000m
Good	3	1000m	2000m
Very good	4	1500m	2500m
Excellent	5	2000m	3000m
Outstanding	6	2500m	4000m

## 6. ABDOMINAL MUSCLE STRENGTH



Lie on your back with your legs straight. Keep your arms either flat on the floor alongside your body or tuck your hands under your bottom. Raise your legs above the ground and do horizontal scissor kicks. Start a stopwatch to see for how long you can do this exercise.

Difficulty level	Grade	Female	Male
Minimal	1	10 seconds	30 seconds
Satisfactory	2	30 seconds	1 minute
Good	3	1 minute	1,5 minute
Very good	4	1,5 minute	2 minutes
Excellent	5	2 minutes	3 minutes
Outstanding	6	3 minutes	4 minutes