

# CADET FITNESS TRIAL SCORE SHEET

Name:

Age:

Gender:

	Score	RPE
<b>Cardiovascular</b>		
20-m Shuttle Run Test		
<b>Muscular Strength</b>		
Curl-ups		
Push-ups		
Squats		
<b>Muscular Flexibility</b>		
Sit and Reach	Right:	
	Left:	
Shoulder Stretch	Right:	
	Left:	

Name:

Age:

Gender:

	Score	RPE
<b>Cardiovascular</b>		
1 Mile Run		
<b>Muscular Strength</b>		
Plank		
Modified Push-ups		
Wall Sit		
<b>Muscular Flexibility</b>		
Sit and Reach	Right:	
	Left:	
Shoulder Stretch	Right:	
	Left:	