



This section will take you step-by-step through each of the five assessments that will measure your 5 Components of Fitness. It is quite easy to use, but you will need access to some equipment for a few of the tests.

### STEP 5

HOW TO GET YOUR SCORES

#### STRENGTH



Bench Press

#### STRENGTH



Squat

#### POWER



Vertical Jump

#### AGILITY



T-Cone Drill

#### ENDURANCE



1.5 Mile Run

#### FLEXIBILITY



Overhead Squat

Begin Assessment