



CDL Fitness Challenge



Points gained:

Aspect of fitness:	Activity	Measurement	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Activity 1:	Muscular endurance (Upper body)	Push ups	Number before slowing	1	3	6	10	14	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75
Activity 2:	Muscular endurance	Burpees	Number in 1 minute	1	2	3	4	5	6	7	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42
Activity 3:	Muscular endurance (Isometric)	Plank	mm:ss	0.01	0.07	0.14	0.21	0.28	0.35	0.42	0.49	0.55	1.00	1.20	1.40	2.00	2.20	2.40	3.00	3.20	3.40	4.00	4.20	4.40	5.00	6.00	7.00	8.00
Activity 4:	Cardiovascular Endurance	1500m run	mm:ss	12.00	11.30	11.00	10.30	10.00	9.30	9.00	8.30	8.00	7.45	7.30	7.15	7.00	6.45	6.30	6.15	6.00	5.45	5.30	5.15	5.00	4.50	4.40	4.30	4.20
		CdL Mile	mm:ss	15.00	14.00	13.00	12.00	11.40	11.20	11.00	10.40	10.20	10.00	9.40	9.20	9.00	8.40	8.20	8.00	7.40	7.20	7.00	6.40	6.20	6.00	5.40	5.20	5.00
		Beep test	Level	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	13.0	14.0	15.0	16.0
Activity 5:	Flexibility	Sit & reach	Number reached on the box in Olympus	1	5	10	13	16	18	20	22	24	26	28	30	32	34	36	38	40	43	46	49	52	55	60	65	70
Activity 6:	Muscular endurance (Isometric)	Bring Sally Thunderstruck	Points on screen before sitting down	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Activity 7:	Agility	Criss cross	Cone touches	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Activity 8:	Power (Lower body)	Standing long jump	Meters	0.20	0.40	0.60	0.70	0.80	0.90	1.00	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80
Activity 9:	Balance	Slackline	Steps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Activity 10:	Speed	60m sprint	Seconds	15.00	14.66	14.33	14.00	13.66	13.33	13.00	12.66	12.33	12.00	11.66	11.33	11.00	10.66	10.33	10.00	9.66	9.33	9.00	8.66	8.33	8.00	7.66	7.33	7.00
		100m sprint	Seconds	18.00	17.75	17.50	17.25	17.00	16.75	16.50	16.25	16.00	15.75	15.50	15.25	15.00	14.75	14.50	14.25	14.00	13.75	13.50	13.25	13.00	12.75	12.50	12.00	11.50
Activity 11:	Strength	Grip test	Kg	2.00	5.00	10.00	12.50	15.00	17.50	20.00	22.50	25.00	27.50	30.00	32.50	35.00	37.50	40.00	42.50	45.00	47.50	50.00	52.50	55.00	57.50	60.00	65.00	70.00
Activity 12:	CV Endurance / Coordination	Skipping	Skips in 1 minute	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135

Your challenge is to collect as many points as you can across all 12 activities.
 Don't worry - we don't expect you to get 25 points in any of the activities!
 If there is more than one option, we will count your best score.
 Go for it!