

Your Fitness 50 Benchmarks

Successfully go to Fit to Fitter to Fittest in each category

FIT		FITTER		FITTEST	
Push Ups: 50 Seconds	15	Push Ups: 50 Seconds	25	Push Ups: 50 Seconds	40
Plank Hold	1 Minute	Plank Hold	2 Minute	Plank Hold	3 Minute
Grip Test: Dead hang	30 Seconds	Grip Test: Dead hang	60 Seconds	Grip Test: Dead hang	90 Seconds
Squats: 50 Seconds	20	Squats: 50 Seconds	35	Squats: 50 Seconds	50
Wall Squat Hold	30 Seconds	Wall Squat Hold	60 Seconds	Wall Squat Hold	90 Seconds
Lunges: 50 Seconds	20	Lunges: 50 Seconds	35	Lunges: 50 Seconds	50
Sit-To-Stand: 50 Seconds	6	Sit-To-Stand: 50 Seconds	8	Sit-To-Stand: 50 Seconds	10
Sit-To-Rise: No Hands	2	Sit-To-Rise: No Hands	1	Sit-To-Rise: No Hands	0
Single Leg Balance: 50 Seconds	20	Single Leg Balance: 50 Seconds	35	Single Leg Balance: 50 Seconds	50
1-Mile Walk/Run/Elliptical	12 Minutes	1-Mile Walk/Run/Elliptical	10 Minutes	1-Mile Walk/Run/Elliptical	8 Minutes
25 Burpees	4 Minutes	25 Burpees	3 Minutes	25 Burpees	2 Minutes
ACHIEVED		ACHIEVED		ACHIEVED	

KEY INSIGHTS