1. BODY MASS

INDEX (BMI)

FORMULA: BMI = WEIGHT (KILOGRAM)

HEIGHT (METER)2

1. 3 MINUTE-

STEP TEST

1. BASIC

PLANK

1. 40 METER

SPRINT

1. PUSH-UP
2. STICK

DROP TEST

1. SIT AND

REACH

1. HEXAGON AGILITY TEST
2. JUGGLING
3. STANDING

LONG JUMP

1. STORK

BALANCE

1. ZIPPER

TEST