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