

## Fitness Test

There are many ways to measure your fitness and it doesn't even have a lot to do with how you look, it's always about what you are capable of. Your fitness levels are measured by your strength – your ability to do a greater consecutive number of an exercise, your speed – how quickly you can do this number and your recovery time, the time it takes you to recover before you can repeat it again. The latter perhaps is the main indication of your fitness, it is the ultimate test of your ability to handle it all.

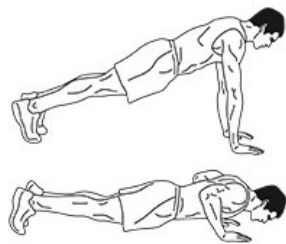
If you can do certain routines on a higher level than you scored here you should do them on a higher level. You benefit the most from a workout that pushes you out of your comfort zone.

To find out what level of difficulty (I, II or III) you should be doing our routines on, perform three exercises (push-ups, sit-ups and **basic burpees**) one after another each for 60 seconds. Count how many push-ups, sit-ups and basic burpees you can do in 60 seconds and use the table below to find out the level that is suitable for you.

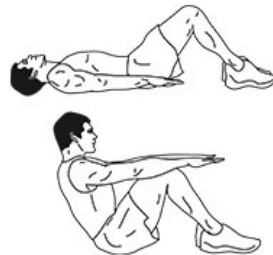
Press the countdown button below to time yourself – **it'll buzz when the 60 seconds are up.**

60

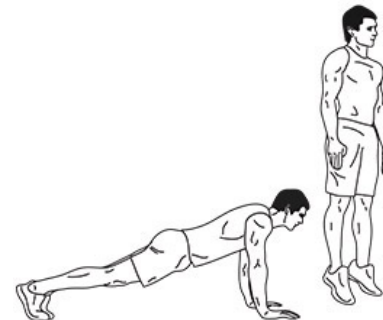
START



- 1-20 push-ups
- 21-39 push-ups
- 40 and over push-ups



- 1-20 sit-ups
- 21-39 sit-ups
- 40 and over sit-ups



- 1-20 burpees
- 21-29 burpees
- 30 and over burpees

**Suggested Level**