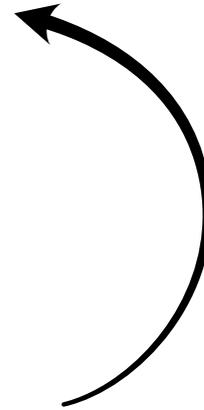


# Get Rid Regime Fitness Test

## Warm-Up (2 Cycles, 6 minutes Total)

1. Forward Arm Circles (20 seconds)
2. Backward Arm Circles (20 seconds)
3. Hip Hinge with Overhead Arm Swing (20 seconds)
4. Modified Jumping Jacks (20 seconds)
5. Modified Seal Jacks (20 seconds)
6. Standing Trunk Rotations (20 seconds)
7. Modified Butt Kicks (20 seconds)
8. Modified High Knees with Punches (20 seconds)
9. Dynamic Squats (20 seconds)



Repeat  
warm-up once

## 1 Minute Rest

## Jump Rope – 1 Minutes

## 2 Minute Rest

## Plank Hold (Forearm Plank) – Until Failure |

## 2 Minute Rest

## Wall Sit – Until Failure

## 2 Minute Rest

## Push-Ups – Until Failure (Tempo 2 sec up, 3 sec down)

## 2 Minute Rest

## Sit-Ups – 1 Minute Max

## 2 Minute Rest

## Treadmill Walk – 5 Minutes (Speed 5, Incline 5)

## Cooper Run – 12 Minutes

## Cool Down (3 Minutes)

## Full Body Stretch