# Candidate Fitness Assessment

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| Candidate Name: |  | Date: |  |

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| Height: |  | Weight: |  | BMI: |  |

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| **Test Name** | **Start Time** | **Testing Time** | **Rest Time** | **Candidate Score** | | | | |
| Basketball throw: | 0:00 | 2:00 | 3:00 | Trial 1: | |  | | ft |
|  |  |  |  | Trial 2: | |  | | ft |
|  |  |  |  | Trial 3: | |  | | ft |
| Cadence pull-ups: | 5:00 | 2:00 | 3:00 |  | | | reps | |
| \*Flexed arm hang |  |  |  |  | | | sec | |
| Shuttle run: | 10:00 | 2:00 | 3:00 |  | | | sec | |
| Abdominal crunches: | 15:00 | 2:00 | 3:00 |  | | | reps | |
| Push-ups: | 20:00 | 2:00 | 8:00 |  | | | reps | |
| One mile run: | 30:00 | ─ | ─ |  | min |  | sec | |

\*The flexed arm hang is the alternative for females who are not able to do at least one cadence pull-up.

Further Comments

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| Candidate's signature: |  | Date: |  |
| Examiner's signature: |  | Date: |  |