



**West Orange Physical Education Fitness Test Challenge**  
**Fitness Activity Improvement Recommendations**

<b><u>WO Fitness Tests</u></b>	<b>An athlete (You play for school and/or club/travel sports teams and are very active outside of school)</b>	<b>Active individual outside of school and plays recreation sports</b>	<b>Active individual outside of school but plays no organized sports</b>	<b>Not active but wants to lead a more active lifestyle and get in better shape</b>
<b><i>Curl Ups</i></b>	<ul style="list-style-type: none"> <li>• Planks</li> <li>• Clams</li> <li>• Scissors</li> <li>• Windshield wipers</li> <li>• Yoga ball</li> <li>• Bicycles</li> </ul>	<ul style="list-style-type: none"> <li>• Planks</li> <li>• Bosu ball crunches</li> <li>• Yoga ball</li> <li>• V-Sit Ups</li> <li>• Bicycles</li> </ul>	<ul style="list-style-type: none"> <li>• Bosu ball crunches</li> <li>• Reverse crunches</li> </ul>	<ul style="list-style-type: none"> <li>• Leg lifts</li> <li>• Bosu ball crunches</li> <li>• Reverse crunches</li> </ul>
<b><i>Pacer Test or Mile Run/Walk</i></b>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jogging</li> <li>• Sprints</li> <li>• Interval training runs</li> <li>• Incline runs</li> </ul>	<ul style="list-style-type: none"> <li>• Relay Races</li> <li>• Track and field events</li> <li>• HIIT training for cardio 1:1 ration</li> <li>• Riding your bike long distances</li> </ul>	<ul style="list-style-type: none"> <li>• HIIT training 1:2 ration</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• Walking on a regular basis</li> <li>• Taking regular walks</li> <li>• walk/jog intervals</li> <li>• </li> </ul>
<b><i>Push-Ups</i></b>	<ul style="list-style-type: none"> <li>• Increase the number of push-ups done daily</li> <li>• Do push-ups at a slower pace</li> <li>• Lower body and maintain a hold at a 90-degree</li> </ul>	<ul style="list-style-type: none"> <li>• Deck of card push-ups</li> <li>• Inverted pushups</li> <li>• Medicine ball push-ups</li> <li>• Push-up hockey</li> </ul>	<ul style="list-style-type: none"> <li>• Two chair dips</li> <li>• High five push-ups</li> <li>• Wall Push-Ups</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder Taps (ABC)</li> <li>• Holding plank</li> </ul>

	bend			
<b><i>Shuttle Run or 5-10-5</i></b>	<ul style="list-style-type: none"> <li>• Timed agility ladder</li> <li>• Timed agility hurdles</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• HIIT cardio training</li> </ul>	<ul style="list-style-type: none"> <li>• HIIT cardio training</li> </ul>	<ul style="list-style-type: none"> <li>• Ladder drills</li> <li>• Short sprints</li> </ul>
<b><i>V-Sit &amp; Reach</i></b>	<ul style="list-style-type: none"> <li>• Dynamic Stretching</li> <li>• Yoga</li> <li>• Stretching</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics skills</li> <li>• Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics skills</li> <li>• Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Walk w/ stretching after</li> </ul>
<b><i>Broad Jump</i></b>	<ul style="list-style-type: none"> <li>• Squats</li> <li>• Jump squats</li> <li>• Jump lunges</li> </ul>	<ul style="list-style-type: none"> <li>• Line jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Power Skips</li> </ul>	<ul style="list-style-type: none"> <li>• Bent Leg Raises</li> </ul>
<b><i>Pull-Ups</i></b>	<ul style="list-style-type: none"> <li>• Push-ups</li> <li>• Chin hang</li> <li>• Inverted row</li> </ul>	<ul style="list-style-type: none"> <li>• Resistance band rows</li> </ul>	<ul style="list-style-type: none"> <li>• Resistance band rows</li> </ul>	<ul style="list-style-type: none"> <li>• Flexed arm hang</li> <li>• Assisted band pull-up</li> </ul>