



# PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

## Basic Fitness Test Test Format

### Warm up exercise

### Beep test

### Push-ups

- 1 40 in 1 minute
  - 1 Males: from the feet
  - 2 Females: from the knees, optional

### Sit-ups

- 2 50 sit-ups in 2 minutes

### Biceps curl

- 3 40 repetitions in 1 minute
  - 1 Males: 15kg weight
  - 2 Females: 10kg weight

### Fireman's carry

- 4 20 metre Fireman's Carry

### Sit and reach

- 5 Three second seated stretch