

Fencing Fitness Test Result Sheet

Name:

Resting Heart Rate

Date:

Beats per minute

Maximum and Recovery Heart Rate

Date:

Maximum beats per minute	1 minute recovery Beats per minute

Standing Stork Test

Date:

Leg	Attempt 1	Attempt 2	Attempt 3
Left			
Right			

Best left + best right	
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Lunge Length

Date:

Front Leg	Attempt 1	Attempt 2	Attempt 3
Left			
Right			

Best left	
Best right	

Note: a difference of more than 10% may suggest an increased risk of injury from imbalance

Multi-stage Fitness Test (Bleep Test)

Date:

Level Achieved	
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Standing broad jump

Date:

Attempt 1	Attempt 2	Attempt 3

Best attempt	
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Plank Complex

Date:

Completed sets	
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2-4-2 Fencing Footwork

Date:

Time	
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Squats - until fatigue or maximum 3 minutes

Total	
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