

Fencing Fitness Test Result Sheet

Name:	3			
Resting Heart R	ate			
Date:				
Beats per minute				
Maximum and R	ecovery He	eart Ra	te	
Maximum beats per minute		1 minute recovery Beats per minute		
Standing Stork T	est			
Leg	Attempt 1		Attempt 2	Attempt 3
Left				
Right				
Best left + best right				



Front Leg	Attempt 1	Attempt 2	Attempt 3
Left			
Right			
Best left			
Best right			
best right			
	nore than 10% may sugge	est an increased risk of inj	ury from imbalance
	nore than 10% may sugge	est an increased risk of inju	ury from imbalance
Note: a difference of m			ury from imbalance
Note: a difference of m Multi-stage Fi	nore than 10% may sugge tness Test (Blee		ury from imbalance
Note: a difference of m Multi-stage Fi			ury from imbalance
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Note: a difference of m Multi-stage Fi			ury from imbalance
Note: a difference of m Multi-stage Fi			ury from imbalance
Note: a difference of m Multi-stage Fi	tness Test (Blee		ury from imbalance
Note: a difference of models and difference of models. Multi-stage Figure 5. Date: Level Achieved Standing broad	tness Test (Blee		ury from imbalance
Note: a difference of m Multi-stage Fi Date: Level Achieved	tness Test (Blee	ep Test)	ury from imbalance

Best attempt



Plank Comple	ex					
Date:						
Completed sets						
2-4-2 Fencing Footwork						
Date:						
Time						
Squats - until fatigue or maximum 3 minutes						
Total						