



# Fitness Tests Starter Resource

**Which of the tests should each performer use to measure their fitness?**



→ **Cooper Run Test**

→ **30m Sprint Test**

→ **Illinois Agility Test**

→ **One Rep Max Test**

→ **Vertical Jump Test**

**Would you adapt any of these fitness tests in order to make them more suitable for each performer?**

**Which fitness test is most important to assess your fitness?**