

Ski Fitness Test Recording Sheet

Date				
First Name				
Family Name				
Email Address				
Gender				
Year of Birth				
Height	Ft.	Inches	Ft.	Inches
Weight	Kg.		Kg.	
Skiing / Instructor Level				

Basic Ski Fitness Test Results

Front Plank	Mins.	Secs.	Mins.	Secs.
Vertical Jump	Centimetres		Centimetres	
Right Side Plank	Mins.	Secs.	Mins.	Secs.
Single Leg Penta Hop (Right)	Centimetres		Centimetres	
Single Leg Penta Hop (Left)	Centimetres		Centimetres	
Box Jump Overs	Total		Total	
Stork Balance Test (Right)	Secs.		Secs.	
Stork Balance Test (Left)	Secs.		Secs.	
Sit and Reach Flexibility Test	Centimetres		Centimetres	

enter you results at www.insideoutskiing.com/fitness.php

Extended Ski Fitness Test Results

Front Plank	Mins.	Secs.	Mins.	Secs.
Vertical Jump	Centimetres		Centimetres	
Right Side Plank	Mins.	Secs.	Mins.	Secs.
Single Leg Penta Hop (Right)	Centimetres		Centimetres	
Single Leg Penta Hop (Left)	Centimetres		Centimetres	
Left Side Plank	Mins.	Secs.	Mins.	Secs.
Press Ups	Total		Total	
Box Jump Overs	Total		Total	
Bench Dips	Total		Total	
Stork Balance Test (Right)	Secs.		Secs.	
Stork Balance Test (Left)	Secs.		Secs.	
Sit and Reach Flexibility Test	Centimetres		Centimetres	
Hand Release Burpees	Total		Total	

enter you results at www.insideoutskiing.com/extendedfitness.php

Notes