

APPENDIX I
TEST ADMINISTRATION



KARADA SCAN TEST



BLEEP TEST

APPENDIX I (Contd...)



RADIAL PULSE TEST



50 YARDS RUN TEST

APPENDIX I (Contd...)



120 METERS RUN TEST



30 FEET SHUTTLE RUN TEST

APPENDIX I (Contd...)



BENT KNEE SIT-UPS



PUSH-UPS