

# FIT TEST

6 WEEKS OF **THE WORK**™

**6 Weeks of THE WORK™** is an advanced program that requires you to have a strong fitness foundation to achieve optimal results. Doing it before you're ready can increase your risk of overtraining and injury. The Fit Test will help you determine if it's the right program for you.

To get a clear assessment of your current fitness level, it's important that you perform all of the exercises in the order shown, and that you rest no more than two minutes between them. Also, be sure to record your results—if you pass the Fit Test (i.e., you achieve the goal for each exercise), you'll take the test again at the end of the program to assess your progress.

Didn't pass the test? Don't sweat it. Challenge yourself with 4 Weeks of THE PREP™ on Beachbody On Demand, a program Amoila designed to help you build up to THE WORK or any advanced program. You can do THE PREP as many times as you need to help you pass the Fit Test.

## IMPORTANT NOTE:

The instructions for some of the exercises indicate that you should perform them to "technical failure." That means you should do as many reps as you can with proper form, and not a single rep more. The moment your form starts to break down during a particular exercise is the moment you should stop doing it.

## WHAT YOU'LL NEED TO TAKE THE FIT TEST

- Stopwatch
- Tape measure
- Chin-up bar (optional)
- Chalk



# WARM-UP

Prime your body for action by performing a combination of light movement and dynamic stretching for three minutes. Jumping jacks, jogging in place, standing side-to-side rotations, bodyweight lunges and squats, shoulder and hip circles, and standing knee pulls are all good options. You'll know you're ready to begin the test if you feel limber, warm, and energized.

## FIT TEST

### 1. PUSH-UP

Get on all fours with your feet together, lift your knees so that your body is straight from head to heels, arms straight, and hands in line with (but slightly wider than) your shoulders. Keeping your core engaged and elbows close to your sides, lower your body until you're 1 in/2.5 cm off the floor, and then push through your palms and extend your elbows to the starting position. Do as many as you can without stopping until you reach technical failure.

#### GOAL

Women: 15 reps

Men: 25 reps

#### YOUR REPS

Today: \_\_\_\_\_

After 6 Weeks: \_\_\_\_\_

#### REST 2 MINUTES

### 2. PULL-UP (Optional)

Hang with your arms fully extended from a chin-up bar with an overhand grip that's one fist wider than your shoulders on both sides. Pull your chest to the bar, so that at least your chin clears it. Pause, and then lower yourself back to the starting position. Repeat without stopping to technical failure. (Note: This exercise is optional as not everyone has a chin-up bar. The chin-up bar is also optional in Amoila's workouts—he provides alternative moves using dumbbells and resistance loops—but you will get more from the program if you have the strength to perform this classic bodyweight exercise.)

#### GOAL

Women: 1 rep

Men: 4 reps

#### YOUR REPS

Today: \_\_\_\_\_

After 6 Weeks: \_\_\_\_\_

#### REST 2 MINUTES

### 3. VERTICAL JUMP

Stand sideways next to a wall holding a piece of chalk in the hand that's farthest away from it. Reach straight overhead with the arm that's closest to the wall, and mark the spot on the wall where the top of your middle finger touches it. Now stand sideways next to the wall again, this time with the chalk in the hand closest to the wall. Jump as high as you can while reaching straight overhead. Mark the wall at the apex of your jump. Measure the distance between the two marks to determine your vertical jump height.

#### GOAL

Women: 12 in/30.5 cm    Men: 16 in/40.6 cm

#### YOUR JUMP

Today: \_\_\_\_\_ in/cm

After 6 Weeks: \_\_\_\_\_ in/cm

#### REST 2 MINUTES

### 4. BURPEE

Stand tall with your feet shoulder-width apart and your arms by your sides. Bend your knees, squat down, and place your hands on the floor in front of you. Kick your legs back into a push-up position. Reverse the movement to return to a crouched position, and then jump up, driving your arms overhead. Land softly, lowering yourself immediately into your next rep. Continue for one minute, performing as many as you can with good form.

#### GOAL

22 reps

#### YOUR REPS

Today: \_\_\_\_\_

After 6 Weeks: \_\_\_\_\_

#### REST 2 MINUTES

## 5. FOREARM PLANK

Assume a push-up position, but with your weight on your forearms instead of your hands (your elbows should be directly beneath your shoulders). Hold until you can no longer keep your hips from dropping.

### GOAL

60 seconds

### YOUR TIME

Today: \_\_\_\_\_ After 6 Weeks: \_\_\_\_\_

### REST 2 MINUTES

## 6. WALL SIT

Place your back flat against the wall and raise your arms straight out in front of your chest as you lower your body into a seated position with your knees bent 90 degrees (only your head, back, and butt should touch the wall). Hold until you can no longer keep your thighs or arms parallel to the ground.

### GOAL

60 seconds

### YOUR TIME

Today: \_\_\_\_\_ After 6 Weeks: \_\_\_\_\_

### REST 2 MINUTES

## 7. STANDING BALANCE TEST

Stand tall with your hands on your hips. Shift your weight onto your right leg, lift your left foot off the ground, and place the bottom of it against the side of your right calf. Hold for as long as you can (it helps if you fix your gaze on a point in front of you). Record your time, switch legs, and repeat.

### GOAL

60 seconds per leg

### YOUR TIME

Today R Leg: \_\_\_\_\_ L Leg: \_\_\_\_\_

After 6 Weeks R Leg: \_\_\_\_\_ L Leg: \_\_\_\_\_

## COOLDOWN:

Take a few minutes to perform some static stretching exercises focusing on your chest, shoulders, quads, and hamstrings.



Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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