



GS FIT TEST

PROGRESS TRACKER

Part A: Max Reps

Day 1 Day 45 Day 90 Day 135

• 90 seconds Max Push-ups				
• 90 Seconds Max Sit-ups				
• 90 Seconds Max Strict Pull-ups				
• 90 Seconds Max DB Front Squats				
• 90 Seconds Max DB Push Press				

Part B: Max Time

• Max Plank Hold				
• Max Wall Sit				

Part C: Complete As Many Rounds As Possible In 10 Minutes

• 10 Burpees				
• 10 DB Power Cleans				
• 10 BW Lunges (5 on each side)				
• 10 DB Thrusters				

Total GS Fit Score

• Total reps from Part A				
• Total reps from Part A & Part C				