

TAKE THE FITNESS CHALLENGE!

from the

Intercity Sports Review Training Guide

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fitness exercise point scoring

(points per repetition of each exercise)

<i>exercise</i>	<i>points</i>	<i>exercise</i>	<i>points</i>
Mountain Climber	4	Squat Thrust	4
Rowing Exercise	4	Sit Up (bent leg)	2
Eight Count Pushup	8	Chin up	10
Leg Lift	4	Toe Raise	1

fitness exercise & running test point scoring

(points per repetition of each exercise and/or time of aerobics fitness run)

FITNESS LEVEL	EXERCISE POINTS	RUNNING POINTS	TOTAL POINTS
1.- JHS (Jr HS)	290 (430)*	210 (350)*	500
2.- JHSV (Jr HS Varsity)	420 (560)*	280 (420)*	700
3.- HSJV (HS Jr Varsity)	550 (690)*	350 (550)*	900
4.- HSV (HS Varsity)	780 (920)*	420 (610)*	1200
5.- COLJV (College Jr Varsity)	1050 (1250)*	550 (670)*	1600
6.- COLV (College Varsity)	1390 (1580)*	610 (730)*	2000
7.- UNV (D1 University Varsity)	1530 (1650)*	670 (790)*	2200

- **NOTE - Both the fitness exercise and running tests should be taken and scored if feasible.**
- **Otherwise use the numbers in (parentheses) if only a single test is given.**

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For fitness logs and score sheets contact your fitness instructor  
or visit the Members and Subscribers Section of our Web site at

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