

# **Totton College: Uniformed Public Services Course Fitness Tests**

To support you with your UPS course in September and to keep you focused during lock down, complete the below test and record your scores.

**1 Minute press up test** – How many press ups can you do in 1 minute (Do the press ups from your knees if you cannot do full press ups).

**1 Minute sit up test** – How many sit ups can you do in 1 minute

**1.5 mile/2.4KM run** – Run or walk for 1.5 miles or 2.4 KM and record your initial time. Ensure you warm up properly and stick to social distancing measure. Use Strava or another fitness app to record distance & time.

Record your initial scores and then put a plan in place to improve the scores. Re-take the tests every 2 weeks and keep a diary of your scores. All tests can be completed at home and in local area.