

Endurance tests
Burpees
 (sometimes known as squat thrusts)

Purpose

Determine your ability to move large muscle groups rapidly and to sustain the movement for a specific period of time, with this 'old school' fitness test.

Explanation

Stand erect with feet together and hands at your sides. This is a four-count exercise

Assume a position with hands on the floor in front of your feet, with knees bent.

Thrust your legs back to an extended position (a front support position like the start of a press-up)

Quickly bring your legs back to the squat position

Straighten to a standing position – this gives one complete repetition

Your score is determined by the number of complete and partial repetitions you can perform in 30 seconds. For example if you complete 10 repetitions and are in the squat position before standing at the end of 30 seconds the score would be 10-3

Results interpretation

Squat thrusts in 30s	Men	Squat thrusts in 30s	Women
Super	23	Super	19
	22		18
	21		17
Excellent	20 1/2	Excellent	16 1/2
	20		16
	19 1/2		15 1/2
Good	19	Good	15
	18 1/2		14 1/2
	18		14
Average	17 1/2	Average	13 1/2
	17		13
	16 1/2		12 1/2
Fair	16	Fair	12
	15 1/2		11 1/2
	15		11
Poor	14 1/2	Poor	10 1/2
	14		10
	13 1/2		9 1/2
Very poor	13	Very poor	9
	12		8
	11		7