

FITNESS TESTING SCHEDULE

DATE	DAY	TEST (EXCEPT FOR THE SCHEDULED DAY FOR THE PACER TEST, BE PREPARED FOR ALL TESTS EACH DAY)
9/9/19	MONDAY	CURL-UPS/PUSH-UPS/SHOULDER STRETCH/SIT & REACH/TRUNK LIFT
9/10/19	TUESDAY	PACER (FINISH WEDNESDAY IF NEEDED)
9/11/19	WEDNESDAY	CURL-UPS/PUSH-UPS/SHOULDER STRETCH/SIT & REACH/TRUNK LIFT
9/12/19	THURSDAY	CURL-UPS/PUSH-UPS/SHOULDER STRETCH/SIT & REACH/TRUNK LIFT
9/13/19	FRIDAY	MAKE-UP TESTS