



# MPower Youth Sports At Home Workout Challenge

## Baseline Test

Baseline Test Date: \_\_\_ / \_\_\_ / \_\_\_

Ending Test Date: \_\_\_ / \_\_\_ / \_\_\_

**Test yourself at the beginning of our 7-week workout program, and again after completing it. You'll be amazed by how much you improve!**

Test Exercises\*:

- \* How long can you hold a plank? Record your time.
- \* How long can you do a wall sit? Record your time.
- \* How long can you hold a Superman position? Record your time.
- \* How many push ups can you do? Record the number.
- \* How many bicycles can you do? Record the number.

Exercise	Baseline	Post Test	Improvement
<b>Plank</b> <i>(time)</i>			
<b>Wall Sit</b> <i>(time)</i>			
<b>Superman</b> <i>(time)</i>			
<b>Push Ups</b> <i>(number)</i>			
<b>Bicycles</b> <i>(number)</i>			

\* Visit [www.MPowerYouthSports.com/power-exercises](http://www.MPowerYouthSports.com/power-exercises) to see demonstration videos of each exercise