

5-Move Functional Fitness Test (✓ = Completed / ✗ = Form Broken)

1. Bodyweight Squat Test

Goal: Lower body strength & mobility Form Checklist: <ul style="list-style-type: none">• Feet shoulder-width• Chest up• Hips back (thighs parallel to the ground)• Knees track toes	Score (max in 60 sec): <ul style="list-style-type: none">• 0-10 (Needs work)• 11-20 (Average)• 21-30 (Excellent)• 30+ (Elite)
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2. Push-Up Test

Goal: Upper body & core endurance Form Checklist: <ul style="list-style-type: none">• Chest touches ground• Hips level• Full extension up	Score (max reps): <ul style="list-style-type: none">• 0-5 (Beginner)• 6-15 (Intermediate)• 16-25 (Advanced)• 26+ (Elite)
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3. Single-Leg Balance Test

Goal: Stability & coordination Form Checklist: <ul style="list-style-type: none">• Eyes closed• Hips level• No touching down	Score (max time per leg): <ul style="list-style-type: none">• <10 sec (Needs work)• 10-20 sec (Good)• 21-30 sec (Great)• 30+ sec (Exceptional)
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4. Plank Test

Goal: Core strength Form Checklist: <ul style="list-style-type: none">• Straight line (head to heels)• No sagging• Steady breathing	Score (max time): <ul style="list-style-type: none">• <30 sec (Beginner)• 30-60 sec (Intermediate)• 61-90 sec (Advanced)• 90+ sec (Elite)
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5. Walking Lunge Test

Goal: Total body control Form Checklist: <ul style="list-style-type: none">• 20 continuous lunges• Back knee touches ground• Controlled pace	Score (time for 20): <ul style="list-style-type: none">• >60 sec (Needs work)• 45-60 sec (Average)• 30-45 sec (Strong)• <30 sec (Elite)
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