

KKNZ FITNESS TESTS

KKNZ 2011	4 - 6	5 - 7	6 - 8	7 - 9	8 - 10	9 - 11	10 - 12	11 - 13	12 - 14	13 - 15	14 - 16
Distance - Metres - Time	200 1.16	300 1.51	400 2.28	500 3.00	600 3.36	700 4.05	800 4.40	900 5.06	1000 5.40	1100 6.03	1200 6.24
Skipping / min	30	40	50	60	70	80	90	100	110	120	130
Knee Press-up/min	15/10	18/13	21/16	24/19	27/22	30/25	33/28	36/31	39/34	42/37	45/40
Sit-ups / min	2/2/2	4/4/4	6/6/6	8/8/8	9/9/9	10/10/10	11/11/11	12/12/12	13/13/13	14/14/14	15/15/15
Back lift	3	5	7	9	11	13	15	17	19	21	23
Japan Test / sec	13.0	12.5	12.0	11.6	11.2	10.8	10.5	10.2	9.9	9.7	9.5
Obstacle / level											