

## Fitness Test and Quality Test

<b>Fitness Test</b>	<b>Physiological Quality</b>
Push-ups	Muscular Endurance
Sit-ups	Muscular Endurance
MC	Muscular Endurance
Pull-ups	Muscular Strength and Endurance
201 m Run	Anaerobic Fitness
2.40 km run	Aerobic Fitness
99OC	Anaerobic Fitness
BD	Muscular Strength and Power
CLF	Muscular Strength and Power
SW	Muscular Strength and Power
500R	Anaerobic Fitness
MSFT	Aerobic Fitness
MBT	Muscular Power
75PR	Anaerobic Fitness

Key: MC: Mountain Climbers; 99OC: 99 yard Obstacle Course; BD: Body Drag; CLF: Chain Link Fence Climb; SW: Solid Wall Climb; 500R: 500 yard Run; WSTB: Work Sample Test Battery; MSFT: 20 m Multi-Stage Fitness Test; MBT: Medicine Ball Toss; 75PR: 75 yard Pursuit Run.