



Tennis Fitness Course

Test Yourself!

Fitness Component	Recognised Test
Agility	<u>Illinois Agility Test</u>
Balance	<u>Standing Stork Test</u>
Body Composition	<u>Skinfold measures</u>
Cardiovascular Endurance	<u>Multistage Fitness Test</u>
Flexibility	<u>Sit & Reach test</u>
Muscular Endurance	<u>NCF Abdominal Conditioning Test</u>
Power	<u>Standing Long Jump or Vertical Jump</u>
Speed	<u>30 metre Sprint</u>
Strength	<u>Handgrip Dynamometer</u>