













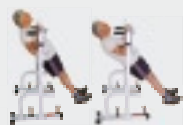





INTERNATIONALLY RECOGNISED FITNESS TEST SPORT BADGE

	WOMEN	EXERCICE	BRONZE	SILVER	GOLD
I		<p>Cardio-test</p> <p>A scientifically based 3-min. step test followed by a 1 min. pulse measurement. The fitness level can so be determined to his age</p>	3 min	3 min	3 min
II		<p>Chin-ups</p> <p>Exercice from age of 60</p> 	1	3	5
			2	6	10
III	 	<p>Push-ups</p> <p>Exercice from age of 60</p> 	5	10	20
			5	10	20
IV	 	<p>Sit-ups</p> <p>Alternating leg lifting with hand contact between knees and foot</p>	2x10	2x20	2x40
V		<p>Sit & reach</p> <p>Sitting and touching the feet tips</p>	yes	yes	yes
<p>All exercises must be accomplished without interruptions in the course of motion</p>					

INTERNATIONALLY RECOGNISED FITNESS TEST SPORT BADGE

	MEN	EXERCICE	BRONZE	SILVER	GOLD
I		Cardio-test A scientifically based 3-min. step test followed by a 1 min. pulse measurement. The fitness level can so be determined to his age	3 min	3 min	3 min
II		Chin-ups Exercice from age of 70 	3	5	10
			6	10	20
III		Push-ups	9	15	30
IV		Sit-ups Alternating leg lifting with hand contact between knees and foot	2x10	2x20	2x40
V		Sit & reach sitting and touching the feet tips	yes	yes	yes
All exercises must be accomplished without interruptions in the course of motion			