Below are links to various online fitness testing calculators, as well as instructions on how to conduct each test. If using the modified at-home fitness testing data sheet, the links below are embedded with their corresponding exercise test, so students can access the instructions there as well. The primary website used is [ExRx.net](https://exrx.net/), which is a wonderful resource for anything to do with exercise. [Here](https://exrx.net/Testing) is the directory of all fitness tests, maybe you’d like to add/remove additional fitness tests depending on what is pertinent to your activity class. Feel free to refer your students here as there is a comprehensive library of exercises, lifts, demonstration videos, muscle groups, and kinesiology.

Unfortunately, students will be unable to conduct the grip strength test which assessed muscular strength, due to the equipment required. An alternative upper body strength test might consist of a pull-up test or a timed flexed hang, in a pull-up position. Students could then compare their results at the end of the term to assess progress. I’ve also changed up the body composition section, which is now the waist-to-hip ratio test and serves as a cardiovascular disease risk classification. This is accessible and easy for students to do on their own, while still relevant to body composition and health.

<https://exrx.net>

<https://exrx.net/Testing>

<https://exrx.net/Calculators/BMI>

<https://exrx.net/Calculators/WaistHipRatio> (Cardiovascular disease risk classification)

<https://exrx.net/Calculators/SitReach> (Flexibility)

<https://exrx.net/Testing/CurlUpTests> (Alternative abdominal strength test (ACSM))

<https://exrx.net/Calculators/CurlUp> (Abdominal strength Calculator (ACSM))

<https://exrx.net/Calculators/PushUps>

<https://exrx.net/Calculators/Rockport> (Rockport walk test; VO2max calculator)

<https://exrx.net/Calculators/MinuteRun> (12 minute run)

<https://exrx.net/Calculators/OneAndHalf> (1.5 mile run)