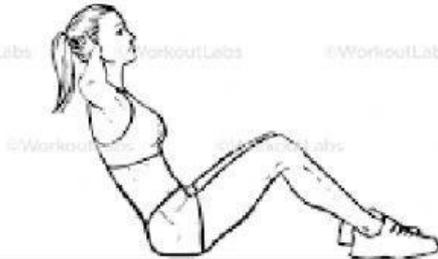


There are six stations in Fitness Test: Sit and reach, shuttle run, standing broad jump, up and down bench, sit ups and push up. Identify the bodypart(s) activated in each station.

(a) Sit ups



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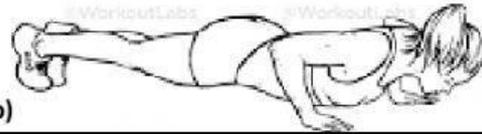


(a)

(b) Push up

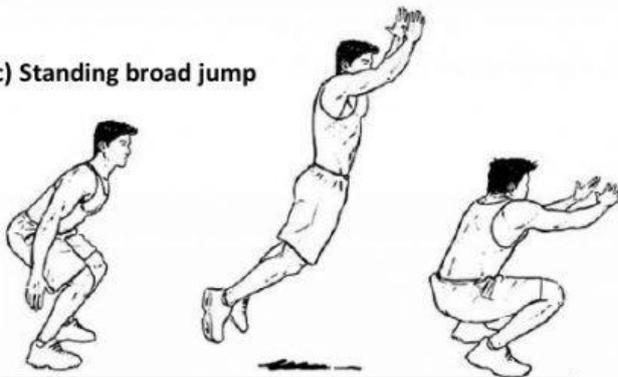


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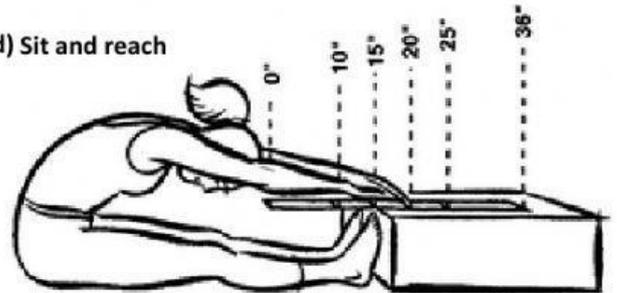
(b)

(c) Standing broad jump



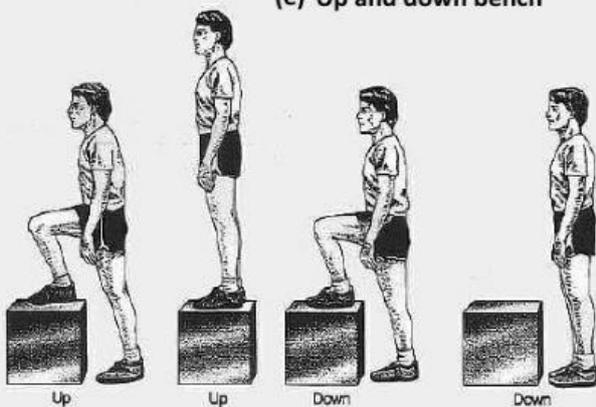
(c)

(d) Sit and reach



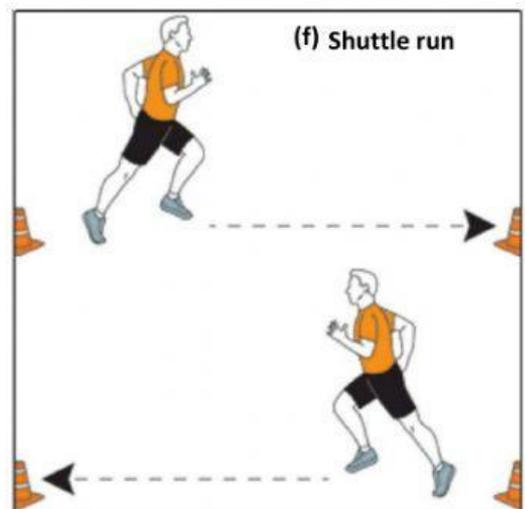
(d)

(e) Up and down bench



(e) Step test

(f) Shuttle run



(f)