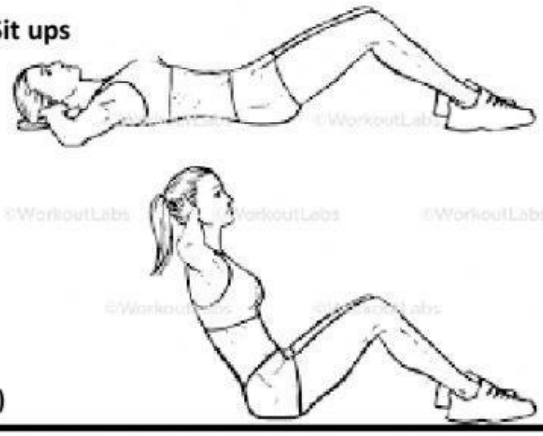
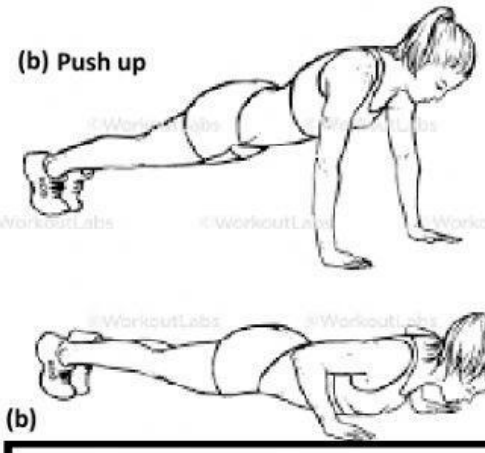
There are six stations in Fitness Test: Sit and reach, shuttle run, standing broad jump, up and down bench, sit ups and push up. Identify the bodypart(s) activated in each station.

(a) Sit ups



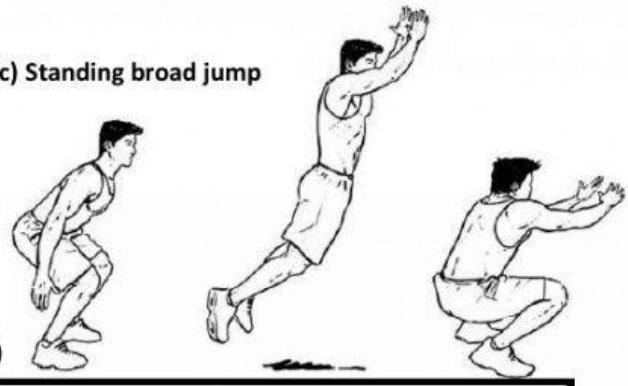
(a)

(b) Push up



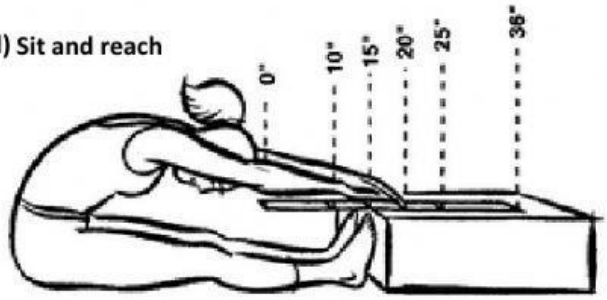
(b)

(c) Standing broad jump



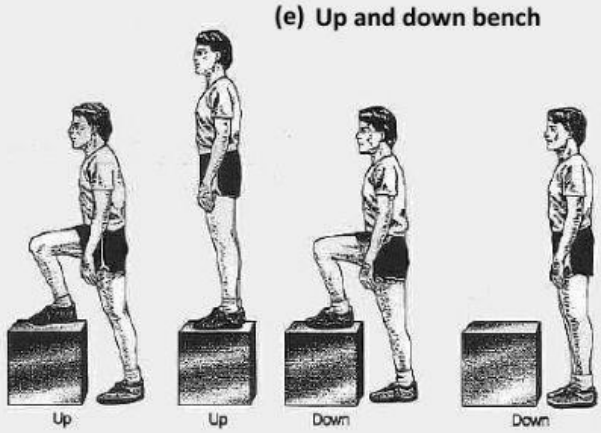
(c)

(d) Sit and reach



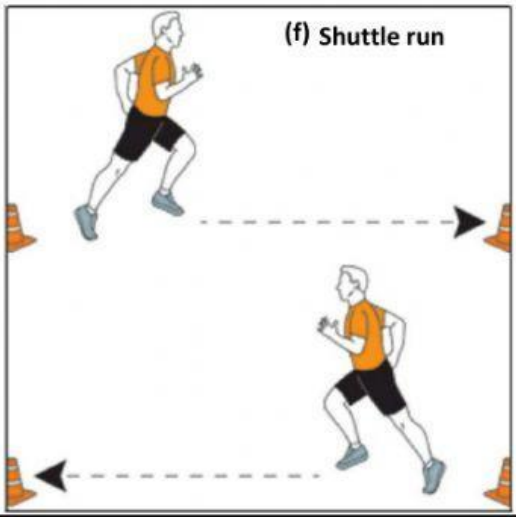
(d)

(e) Up and down bench



(e)

(f) Shuttle run



(f)

LIVEWORKSHEETS