

UNE Fitness Baseline Testing

Vertical Jump

40 Yard Dash

5-10-5

Push up Max

Bench Press

300 Yard Shuttle

Chin Up Max



11/16/2011 7:30pm-9:30pm Campus Center Gym

11/20/2011 4:00pm-6:00pm Campus Center Gym

**** Please note you do not have to do every test.**

Sponsored by Health & Wellness Education

Please contact Pat McCarthy pmccarthy1@une.edu for more information.



**Student Fitness Challenge
& Intramural Sports
5 v 5 Basketball Tournament
December 4, 2011 7pm-11pm**

Co-Sponsored by Health & Wellness Education , Intramural Sports .
Please contact sfc@une.edu or intramurals@une.edu.