RUNNING

Ata Sani Kılıç



MUSCULAR STRENGTH&ENDURANCE TESTS

These tests check how strong and lasting his muscles are. Push-ups test the strength of his arm and chest muscles, while sit-ups check how strong his core and tummy muscles are.

CARDIOVASCULAR ENDURANCE TESTS

Cardiovascular endurance tests help us understand how well the athletics' heart and lungs work during exercise. For a runner , these tests show how long he or she can keep running and how efficiently hıs or her body uses oxygen.

FLEXIBILITY TESTS

Flexibility tests show how well he can move his body parts, like his legs and arms.

The flexibility tests can help him identify areas where stretching and mobility work are needed.

BTEC SPORT FITNESS TESTS

Every athlete is unique, and training should be adapted to the individual's age, fitness level, and goals. Personalized training ensures better results and reduces injury risk.