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Tests. Anthropometry: height, weight, BMI, %body fat from skinfold thickness. Flamingo Balance test — single leg balance test. Plate Tapping — tests speed of limb movement. Sit-and-Reach — flexibility test (using 15cm at the level of the feet) Standing Broad Jump — measures explosive leg power. ...

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Origin of the Eurofit Standard In 1983 the Council of Europe developed the Eurofit standard battery of exercises for precise measurement of physical fitness that are detailed in the Eurofit

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