

B	I	N	G	O
Threshold	Aerobic	100m sprinter	Explosive strength	Reaction time
Illinois agility test	Circuit	Strength	Muscular strength	Agility
Speed	Vertical jump	FREE	Anaerobic	Muscular endurance
Gymnastics	Health	Simple reaction time	Hydration	Power
Sit and reach test	Fitness	Hand grip dynamometer	Multi - stage fitness test	Fartlek

B	I	N	G	O
Balance	Cardiovascular endurance	Muscular endurance	Interval	Illinois agility test
Agility	Speed	Ruler drop test	Gymnastics	Anaerobic
Hand grip dynamometer	Strength	FREE	Vertical jump	Static strength
Aerobic	Reaction time	Health	Co-ordination	Explosive strength
Overload	Muscular strength	Sit and reach test	Power	Multi - stage fitness test

B	I	N	G	O
Multi - stage fitness test	Aerobic	Gymnastics	100m sprinter	Illinois agility test
Circuit	Muscular endurance	Threshold	Balance	Zone
Weight Training	Co-ordination	FREE	Agility	Ruler drop test
Muscular strength	Dynamic strength	Vertical jump	Cardiovascular endurance	Reaction time
Hand grip dynamometer	Explosive strength	Anaerobic	Health	Fitness