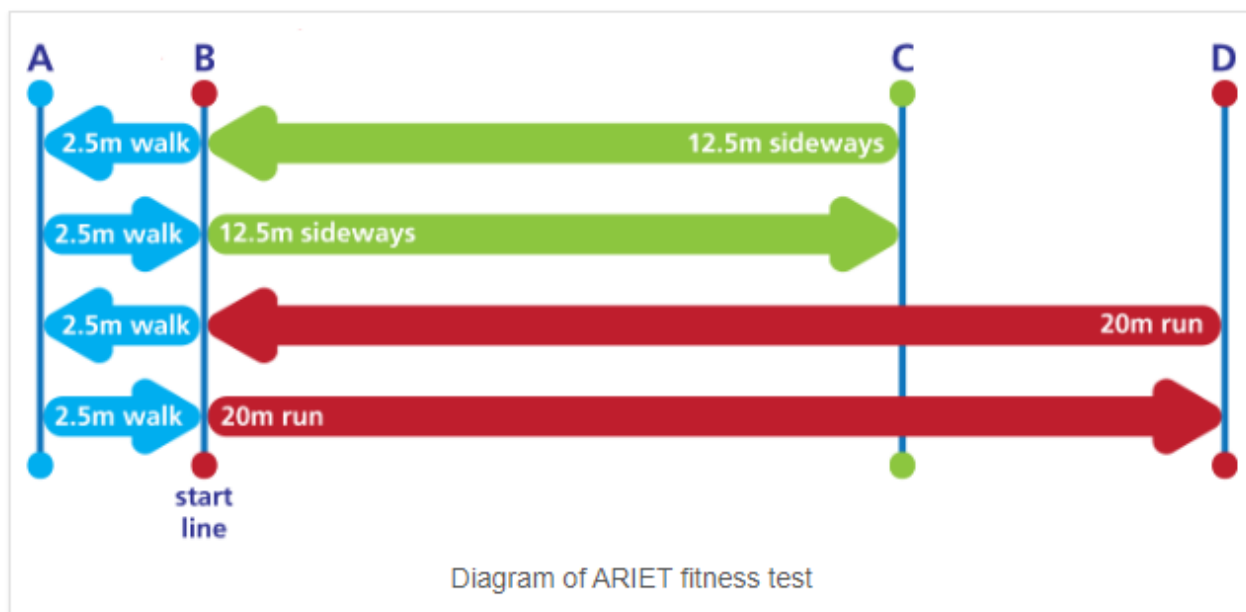


## TEST ARIET



Szczegółowy opis testu:

<https://www.dutchreferee.com/ariet-fitness-test/>

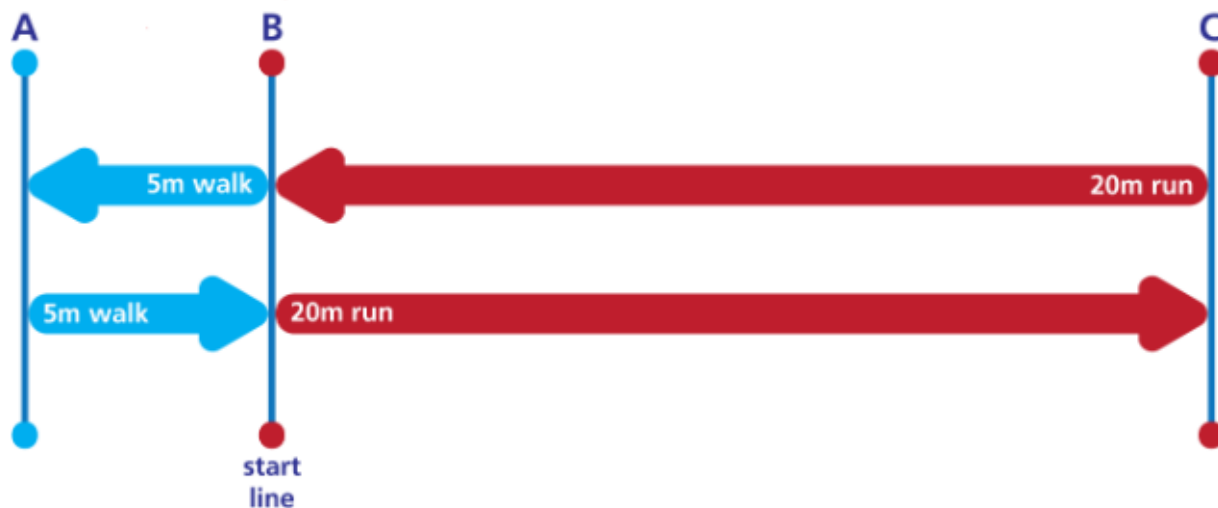
Plik dźwiękowy testu Ariet:

[https://drive.google.com/file/d/1rDsQuoBLHbE0VtzKE\\_ca7QAshBdI\\_MpC/view](https://drive.google.com/file/d/1rDsQuoBLHbE0VtzKE_ca7QAshBdI_MpC/view)

Video z testem ARIET:

<https://www.youtube.com/watch?v=sA0hvY2Txzk>

## TEST YO-YO



Szczegółowy opis testu:

<https://www.dutchreferee.com/dynamic-yo-yo-test-for-football-referees/>

Plik dźwiękowy testu YO-YO:

[https://drive.google.com/file/d/1P15oLG18DxnzP7a1vIENmC\\_zkeBp6aLZ/view](https://drive.google.com/file/d/1P15oLG18DxnzP7a1vIENmC_zkeBp6aLZ/view)

Video z testem YO-YO:

<https://www.youtube.com/watch?v=CnX-BFX22H4>