

I am Fit Table																																																						
see how you rate with each test. See Testing Procedures here.																																																						
1. Body Composition																																																						
Acceptable values are less than 35 and 31.5" for men and women. Tape is parallel with floor and over navel.																																																						
2. Aerobic Tests																																																						
Determine either your NON PEAK MET LEVEL (SUB MAXIMAL) or PEAK MET LEVEL (MAXIMAL) that you can sustain for 3 minutes after warming up and doing at least two, three minute incremental stages. YOU MUST BE ABLE SUSTAIN LAST STAGE FOR 3 MINUTES. IF NOT FIND INTENSITY THAT YOU CAN. Compare your number to the chart. If you meet the level for your age you have a good level of Aerobic Fitness. If you exceed it by 1-2 METS you have an xFit/high level of Aerobic Fitness. If you are well below (1-2 METS) you have a poor level of Aerobic Fitness.																																																						
If you do not have a machine that displays METS, but has WATTS use this calculation to convert WATTS to METS (see calculation, must include body weight). If you treadmill that does not displays METS, but has MPH and Incline use this calculation to convert to METS (see calculation, must include body weight). See additional Aerobic Tests here. See more about METS here).																																																						
NON PEAK / NON MAXIMAL MET LEVEL (Somewhat Hard to Hard Intensity) Non PEAK is for those who do not want to push themselves too hard. This is a good intensity to be training at or near for those who are FIT.																																																						
PEAK /MAXIMAL MET LEVEL (Very Hard to Maximal Intensity).																																																						
Test yourself																																																						
1. WAIST SIZE MATTERS. Measure your Waist in inches across you abdomen and compare to chart.																																																						
2. CAN YOU ACHIEVE THE MET LEVEL FOR YOUR AGE? Measure your Aerobic Ability through a 3 minute SubMax or Maximum Test after initial stages on a machine of your choice by determining your MET level and comparing that Met Level to the Chart below.																																																						
3. WHAT IS YOUR STRENGTH? Perform Strength Tests																																																						
4. WHAT IS YOUR MUSCULAR ENDURANCE? Perform Muscular Endurance Tests for as many repetitions or in case of the Wall Holds in seconds.																																																						
5. WHAT IS YOUR CORE ABILITY? Perform Core Ability Tests for as many repetitions (McGill Crunch) or static hold seconds for the other tests.																																																						
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Wall Squat Hold (Seconds)																																																						
Step Up and Down Test in 60 secs for reps off 8" Step																																																						
BodyWeight Squat Test																																																						
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HOW TO DO TESTS: If you performed well above these values you have an exceptional amount of core ability. If you were just above these values you have a GOOD amount of CORE ABILITY, which is the Fit Level. SEE FORM FOR EACH TEST/ EXERCISE. BirdDog, Side Bridge, and Single Leg Bridge (both sides should be equal). McGill Crunch: Keeping a straight neck, tighten your abs as if bracing for a punch and raise your head and shoulders off the ground slightly. Hold this position for 10 seconds and repeat as many times with good form.																																																						
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