I can Fly Training Procedures	Training Procedures, Exercises, Drills, Tips, Tricks, and other Training Information

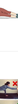
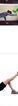
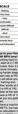
RESTING STATS

	Test	Training Procedures
Resting Heart Rate	Before beginning any sort of training program, you should take your resting heart rate. Place your index and middle fingers on your wrist or your neck and count the number of heartbeats you feel in 15 seconds or minutes. Multiply the number by 4 to determine your resting heart rate.	Normally, a lower resting heart rate is better than a higher one. Most people have a resting heart rate between 60 and 80 beats per minute. Most people with 90 beats per minute, or higher, are at a greater risk for cardiovascular disease.
Blood Pressure	Blood pressure is measured in millimeters of mercury (mm Hg). The first number is the systolic pressure, and the second number is the diastolic pressure.	Normal blood pressure is 120 mm Hg or less for the systolic and 80 mm Hg or less for the diastolic.

BODY COMPOSITION

	Test	Training Procedures
Body Circumference	If you have a desire to shed excess adipose tissue, you should take your circumference measurements at the neck, waist, hips, thighs, and calves.	A smaller waist has been proven to be a better indicator of health than a smaller hip circumference. Women typically have smaller waists and hips than men.
Body Mass Index	Calculate your BMI by dividing your weight in kilograms by your height in meters squared.	Generally, a healthy BMI is between 18.5 and 24.9. Anything above 25 is considered overweight, and anything below 18.5 is considered underweight.
Body Fat Percentage	Body fat percentage can be measured using a variety of methods, including skinfold measurements, bioelectrical impedance, and hydrostatic weighing.	Men typically have between 10 and 20 percent body fat, and women typically have between 20 and 30 percent.

FLEXIBILITY

	Test	Training Procedures
Neck Flexibility	Do you have accomplishments worth celebrating? If you can say yes, then you can say, "I can." Can you say the right words? Can you say the right words in the right order?	Your neck should be able to rotate 90 degrees to the right and to the left.
Shoulder Flexibility	Do you have accomplishments worth celebrating? If you can say yes, then you can say, "I can." Can you place your right arm over your shoulder and your left arm behind your back?	Your goal is to place your middle finger on your right hand within one inch of your middle finger on your left hand.
Trunk and Hamstrings	Can you reach behind your head? Can you lay down on your back and place your feet on a table or chair? Can you place your ankles in a position that is at least 90 degrees? Can you place your feet on a table or chair? Can you place your feet on a table or chair and place your hands on your ankles? Can you place your hands on your ankles and place your hands on your feet? Can you place your hands on your ankles and place your hands on your feet while keeping your legs straight?	
Quadriceps and Hip Flexors	Can you lift your pure foot and place it behind your head? Can you place your ankle behind your head? Can you place your ankle behind your head and place your other ankle behind your head? Can you place your ankle behind your head and place your other ankle behind your head while keeping your legs straight?	
Groin	When seated with your feet together, can you place your ankles close enough to your groin area that you can place your elbows on your knees?	
Hamstrings	While lying on your back, raise a straight leg as far as you can. Do you feel any strength and resistance the higher you raise your leg? Can you raise your leg 90 degrees? Can you place your leg behind your head? Can you place your leg behind your head while keeping your legs straight?	 
Hip Flexors	While lying on your back, bring one knee to your chest. Can you place your other leg on a table, chair, and your other knee? Can you place your other leg on a table, chair, and your other knee while keeping your legs together? Can you place your other leg on a table, chair, and your other knee while keeping your legs together? Can you place your other leg on a table, chair, and your other knee while keeping your legs together? Can you place your other leg on a table, chair, and your other knee while keeping your legs together?	
Quadriceps	While lying on your side, can you place your ankle behind your head? Can you place your other ankle behind your head? Can you place your other ankle behind your head while keeping your legs together?	
Calves	While standing with your feet together, can you place your ankle behind your head? Can you place your other ankle behind your head? Can you place your other ankle behind your head while keeping your legs together?	

MUSCULAR ENDURANCE

	Test	Training Procedures
Mid-Trapezius Rows	Can you do a seat pound for seconds? Can you do a seat pound for seconds? Can you do a seat pound for seconds?