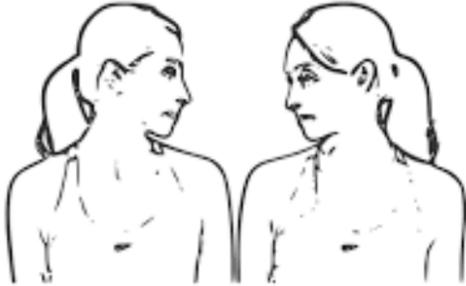
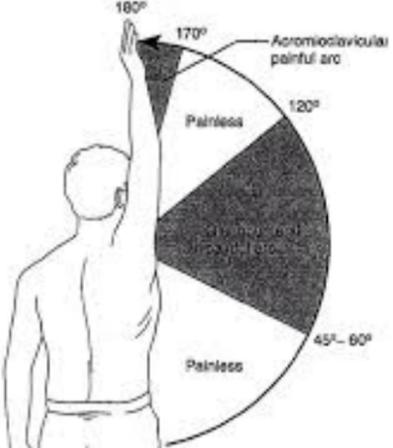
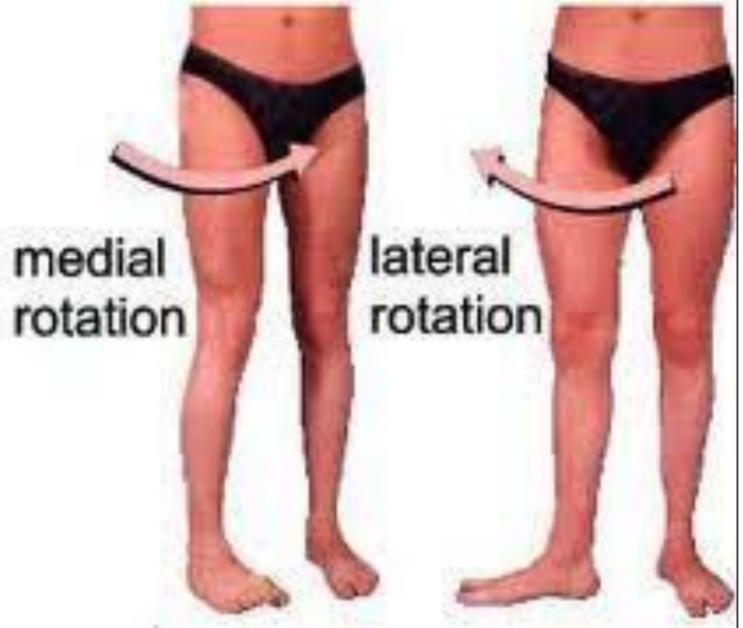


I am Fit Testing Procedures		
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
Follow these Rules	<p>Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely. <u>See PAR Q From in links.</u> If you have any concerns about your ability ask your wellness team for assistance. This is a self directed test. Use good judgement. If you feel pain, dizziness or nausea, discontinue the assessment. As soon as your form is compromised or if you have any pain or unusual sensation stop the test.</p>	<p>I am HealthY I am Fit I am xFit</p> <p>The 5 Components of Fitness are: body composition, flexibility, muscular strength and endurance, and cardiorespiratory ability.</p>
RESTING STATE		
Blood Pressure	<p>Do you have blood pressure that is below 120 systolic and 80 diastolic (even through medication)? If you do place a check in the checkbox.</p>	<p>Normal blood pressure is less than 120 over 80 (120/80). People whose blood pressure is above the normal range should ask their doctor how to lower it.</p>

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Heart Rate	Do you have resting heart rate of 65 or below? If you do place a check in the checkbox.	Generally, a lower resting heart rate indicates a higher level of cardiovascular fitness. Harvard Health suggests if your resting heart rate is consistently above 80 beats per minute, you might want to talk to your doctor about how your heart rate and other personal factors influence your risk for cardiovascular disease.
BODY COMPOSITION		
Waist circumference	If you have a desirable waist measure place a check in the checkbox. Acceptable values are less than 35 and 31.5” for men and women.	A smaller waist has been proven to be an indicator of good health. We will give you your own tape measure. When measuring stand and place a tape measure around your middle, across your navel at the maximal protrusion. Make sure tape is horizontal around the waist. Keep the tape snug around the waist, but not compressing the skin. Measure your waist just after you breathe out. Do not suck in.

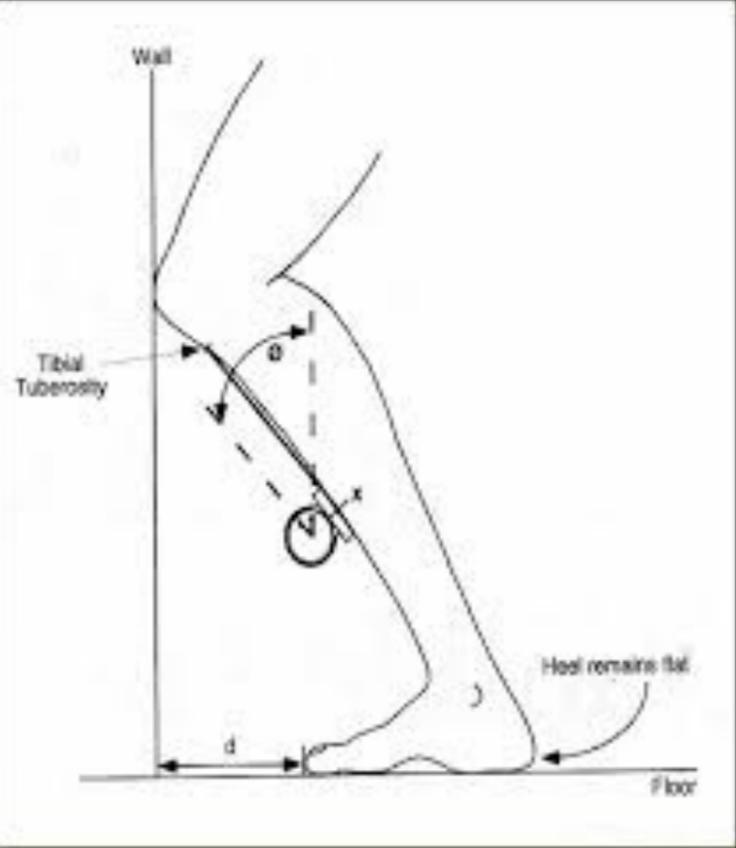
	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
	<h2 data-bbox="591 1279 1006 1336">FLEXIBILITY</h2>	<p data-bbox="1153 551 1865 1222">For most people there is no benefit from being hyper-flexible. However normal, balanced, pain free range of motion is good goal. Flexibility training allows greater freedom of movement and improved posture, increases physical and mental relaxation, releases muscle tension and soreness, restores function after injury, and possibly reduces the risk of injury</p> <p data-bbox="1196 1236 1865 2079">Some people are naturally more flexible. Flexibility is primarily due to one's genetics, gender, age, body shape and level of physical activity. As people grow older, they tend to lose flexibility, usually as a result of inactivity, but partially because of the aging process itself. The less active you are, the less flexible you are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.</p>
	<p data-bbox="476 2144 1122 2636">Do you have acceptable neck extension? If you do place a check in the checkbox. How to do the test: Step under a light and look up. Can you see the light above your head. If so you have acceptable neck extension.</p>	

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
Neck Rotation	<p>Do you have acceptable neck rotation? If you do place a check in the checkbox. How to do the test: Turn your head to the right and then left. When doing so you should be able to see your shoulder tip and both sides should feel the</p>	 <p>https://www.youtube.com/watch?v=UbHEH6t_OJQ</p>
Shoulder Internal Rotation	<p>Can you reach behind your back touch your shoulder blade (Apley Scratch Test). If you can place a check in the checkbox. This functional motion is required in daily activities such as reaching into a back pocket, bathing, or fastening clothes. Typically, people are able to come within a couple inches of the opposite shoulder blade. The dominant arm typically reaches less than the non-dominant. This motion requires internal rotation. Loss of internal and external range of motion is an early sign of shoulder pathology.</p>	 <p>https://www.youtube.com/watch?v=xKL7I9VcTOE</p>

	I am Fit Testing Procedures	
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<p>Shoulder Abduction</p>	<p>Can you lift your arm from the side overhead without pain and with fluid motion? If you can place a check in the checkbox. Pain during this motion is early sign of shoulder pathology (Painful Arc is a sign of shoulder impingement or a small tear).</p>	 <p>https://www.youtube.com/watch?v=HPPi3SceBm4</p>
<p>Back Extension</p>	<p>Can you lean backwards (extension) 20 to 30 degrees without pain and with fluid motion? If you can place a check in the checkbox. Loss of low back range of motion might be an early indicator of developing osteoarthritis.</p>	
<p>Internal and External Rotation of the Hip</p>	<p>Can you rotate a straight leg inward (internal rotation) and outward (external rotation) for 35 to 45 degrees without pain and with fluid motion? If you can place a check in the checkbox. People with early degenerative arthritis of the hip joints frequently have limitation in rotation in the affected hip before losing flexion or abduction. They may also experience groin pain that limits passive rotation.</p>	

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Gluteal	<p>When seated with ankle on top of opposite knee is your shin almost parallel with the floor or within 30 degrees? Are both sides the same and is there no pain? If so place a check in the checkbox. To test it further bring your chest forward. Your chest should be within a few inches of your knee.</p>	
Hamstrings	<p>While lying on your back raise a straight leg up as far as you can keeping it straight and determine the angle from floor (repeat to other side). Do both legs come up to 60 degrees? Are both sides the same? Is there no pain? If so place a check in the checkbox. Normal range of motion is 70 to 80 degrees. If you are less than this work on improving this number.</p>	

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Hip Flexors	<p>While lying on your back keep back in neutral (in other words do not allow it to flatten out) and pull one knee into your chest and examine what happens to the other leg (do this to other side). Does your opposite leg stay on floor? Are both sides the same? Is there no pain? If so place a check in the checkbox. If the straight leg comes off the floor it most likely means you have tight hip flexors.</p>	
Quadriceps	<p>While standing and holding onto something for support try to grasp ankle and bring to buttocks (do this to other side). Can you almost touch your heel to your buttock and do you come within a couple inches of your buttocks? Are both sides the same? Is there no pain? If so place a check in the checkbox.</p>	

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<p>Calves</p>	<p>The Wall (Lunge) Test is a very important test. Standing facing 6 inches from wall try to touch a knee to wall while keeping foot flat (do this to other side). Can you touch your knee to the wall while keeping foot flat? Are both sides the same? Is there no pain? If so place a check in the checkbox.</p> <p>Limited ankle range (especially ankle dorsiflexion- where your foot bends up towards your shin, like at the bottom of a squat) affects many of our everyday movements and activities, such as squats, climbing down stairs, landing from and jump, and even walking. This test easily shows whether you are at risk of lower limb injury.</p> <p>It is very reliable and accurate, even when done by novices, and it is one of the most common tests used in Physiotherapy.</p>	

	I am Fit Testing Procedures	
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	MUSCULAR ENDURANCE	Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance or body weight for an extended period of time. It is one of the components of muscular fitness, along with muscular strength and power.
Wall Squat Hold	<p>Can you do a wall squat for over 100 seconds for men and 60 seconds for women?</p> <p>If you can place a check in the checkbox. How to do it: Start by standing and leaning against a smooth wall. Slide down the wall and walk your feet forward until your knees are at a 90-degree angle. Keep your back flat against the wall. Make sure your heels stay down on the ground.</p>	

	I am Fit Testing Procedures	
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Step Up and Down Test	<p>Can you do > 49 step ups and downs off a standard stair in one minute (if over 50 yrs old make that 40 steps)? If you can place a check in the checkbox. How to do it: Standing in front of a standard first step on a staircase (7 to 8") do as many step ups and downs in one minute. One repetition is one complete cycle of both feet coming up and both feet touching down. You can do this move on your own staircase or on a 7-8 inch aerobic step.</p>	

	I am Fit Testing Procedures	
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<p>Bodyweight Squat Test</p>	<p>If female can you do a body weight squat for >24 reps if 20-30 yrs old, >21 reps if 30-40 yrs old, >18 reps if 40-50 yrs old, and >15 reps if 50-60 yrs old. If male can you do a body weight squat for >30 reps if 20-30 yrs old, >27 reps if 30-40 yrs old, >24 reps if 40-50 yrs old, and >21 reps if 50-60 yrs old.? If you can place a check in the checkbox. How to do it: When performing the squat you should be able to make a 90 degree angle at your knee. Your knees should stay shoulder width apart and not go beyond your toes. Use a steady pace, not faster than a 2 count down and a 1 count up.</p>	 <p>https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/135/bodyweight-squat/</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Flexed Arm Hangs</p>	<p>If female can you do a flexed arm hang for >8 secs if 20-30 yrs old, >6 secs if 30-40 yrs old, >4 secs if > 40 yrs old? If male can you do a flexed arm hang for >18 secs if 20-30 yrs old, >12 secs if 30-40 yrs old, >8 secs if > 40 yrs old? If you can place a check in the checkbox. Flexed Arm Hang Form: The starting position is with the chin above the bar, and both feet off the ground. You can reach the starting position by standing on a support, or if necessary assisted by others. The grip can be either with both palms facing forward or to the rear, though with both facing in the same direction. The aim of the test is to hold this position for as long as possible. The timer is started when you are in position in position, and does no stop until you cannot maintain some degree of flexion at the elbow. The feet may not touch the floor during the test.</p>	 <p>From Presidents Council for Physical Fitness: https://www.military.com/military-fitness/marine-corps-fitness-requirements/usmc-pft-charts</p>

	I am Fit Testing Procedures	
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<p style="text-align: center;">Inverted Suspension Row</p>	<p>If female can you do a suspension row for >8 reps? If male can you do a suspension row for >12 reps? If you can place a check in the checkbox. How to do it: Lie on your back underneath a Suspension Trainer; the handles should hang just higher than arm's length above the floor. With your arms extended, grab the handles, palms facing each other, and lift your upper body a few inches off the floor (a). Your body should form a straight line from head to heels. Bend your elbows to pull your body up toward the handles (b). Once the handles are on either side of your chest, pause, then return to start. That's one rep; continue for as many reps as you can. Use a steady pace not faster than a 2 count down and a 1 count up. If you do not have access to a suspension trainer do the dumbbell row test using this form (ACE Fitness). If female can you do 15 lbs. dumbbell row for > 8 reps? If male can you do a 30 lbs. dumbbell row for >10 reps? If you can place a check in the checkbox.</p>	

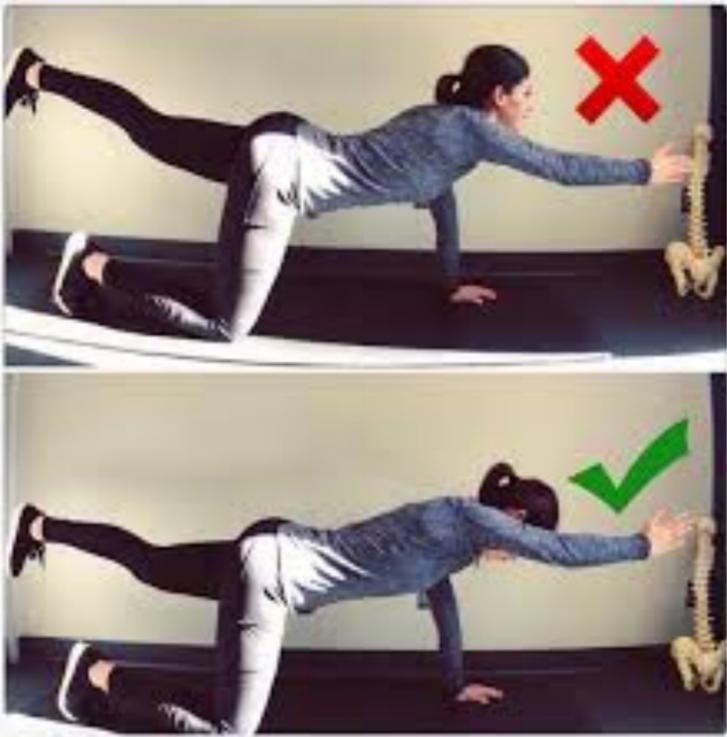
	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Push Ups</p>	<p>If female can you do a push up for >23 reps if 20-30 yrs old, >22 reps if 30-40 yrs old, >18 reps if 40-50 yrs old, and >15 reps if 50-60 yrs old. If male can you do a push up for >30 reps if 20-30 yrs old, >25 reps if 30-40 yrs old, >21 reps if 40-50 yrs old, and >18 reps if 50-60 yrs old.? If you can place a check in the checkbox. How to do it: Push Up Form: Men should use the standard "military style" pushup position with only the hands and the toes touching the floor in the starting position. Women have the additional option of using the "bent knee" position. To do this, kneel on the floor, hands on either side of the chest and keep your back straight. Lower the chest down towards the floor, always to the same level each time, either till your elbows are at right angles or your chest touches the ground. Use a steady pace not faster than a 2 count down and a 1 count up.</p>	 <p>https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/41/push-up/</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Bodyweight Lunge</p>	<p>Can you do a standard lunge for >18 reps if 20-30 yrs old, >16 reps if 30-40 yrs old, >14 reps if 40-50 yrs old, and >10 reps if 50-60 yrs old. If you can place a check in the checkbox. How to do it: Lunge Form: Keep your upper body straight, with your shoulders back and head up. Always engage your core by bracing your abdomen. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far or to either side, and make sure your other knee doesn't touch the floor but comes 1-3 inches from floor. Keep the weight in your heels as you push back up to the starting position. Use a steady pace not faster than a 2 count down and a 1 count up.</p>	

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Lateral Standing Leg Lift</p>	<p>Can you hold a lateral leg lift for >30 seconds if < 40 yrs old, if older can you hold it for 20 secs. If you can place a check in the checkbox. How to do it: Standing lateral leg lift form: Keeping a long straight torso, bring one leg out to the side as high as you can and hold for as long as you can. This is also a great balance test.</p>	
	<p>CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE</p>	<p>Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles. Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Improving muscular endurance core of the muscles may also help improve back pain.</p>

	I am Fit Testing Procedures	
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<p>Core McGill Curl Up</p>	<p>Can you do 10 McGill Curl Ups? If you can place a check in the checkbox. How to do it: McGill Crunch Form: Place your hands flat under your lower back and raise your elbows slightly off the ground. Your hands are there to make sure you do not flex your spine. Your spine needs to be neutral. Bend one leg so it is straight. 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.</p>	 <p>The illustration shows a person lying on their back on a white surface. In the top image, they are in the starting position: hands are flat on the floor under their lower back, one leg is bent at the knee with the foot flat on the floor, and the other leg is straight. In the bottom image, they are in the curled position: their head, neck, and shoulders are lifted off the ground, and their elbows are raised slightly. The person is wearing a blue tank top and dark leggings. The text 'IronGrif' is visible in the bottom right corner of the illustration.</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Core Sidebridge</p>	<p>Can you do hold a side bridge for 60 seconds? Repeat other side. Are both hold times roughly the same?</p> <p>If you can and the times are roughly the same place a check in the checkbox. How to do it: Side bridge Form: Lie on your side, with your forearm on the floor and elbow underneath your shoulder with extended legs, aligning the feet on top of each other or in a tandem position (heel-to-toe). The hips should be elevated off the mat and the body should be in straight alignment (i.e., head, neck, torso, hips, and legs). The torso should be supported only by the client's foot/feet and the elbow/forearm of the lower arm. Hold as long as you can with good form and no pain.</p>	

	I am Fit Testing Procedures	
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Core BirdDog	<p>Can you do hold a BirdDog for 75 seconds? Repeat other side. Are both hold times roughly the same? If you can and the times are roughly the same place a check in the checkbox. How to do it:</p> <p>BirdDog Form: This exercise involves simultaneous movement of your leg and contralateral (opposite) arm. Hip Extension: Slowly extend your left hip (raise and straighten the knee) attempting to extend it until it is at, or near parallel, to the floor without any rotation in the hip. Shoulder flexion: Slowly flex your right arm (raise and straighten the arm) attempting to raise it until it is at, or near parallel, to the floor without any tilting at the shoulders. Your goal is to keep the both shoulders parallel to the floor. Your head should remain aligned with the spine throughout the movement. Hold as long as you can with good form and no pain.</p>	

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Core Single Leg Bridge</p>	<p>Can you do hold a Single Leg Bridge for 75 seconds? Repeat other side. Are both hold times roughly the same? If you can and the times are roughly the same place a check in the checkbox. How to do it: Single Leg Bridge Form: While on Back make bridge by pressing through heels and raising pelvis up to neutral. While keeping back locked, abdomen braced, and spine in neutral raise one leg out and hold as long as you can with good form and no pain.</p>	 <p>A photograph of a man in a blue t-shirt and black shorts performing a single leg bridge. He is lying on his back on a white surface, with his right leg extended straight up and his left leg bent at the knee. His hips are lifted, and his feet are flat on the ground.</p>

	I am Fit Testing Procedures	
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	<p style="text-align: center;">MUSCULAR STRENGTH</p>	<p>Muscular strength is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort. A single repetition maximum at a given weight is an example of muscular strength 1 RM. Strength is also defined by repetitions of maximum. A 10 RM would be the heaviest weight you could lift for 10 consecutive repetitions. A 15 RM would be the heaviest weight you could lift for 15 consecutive repetitions. A 6 RM would be the heaviest weight you could lift for 6 consecutive repetitions, etc. For safety we will only ask for your 10 RMs versus a 1 RM.</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
Arm Curl Test	<p>If female can you curl 12.5 pound dumbbells in each hand for >10 reps if 20-30 yrs old, >8 reps if 30-40 yrs old, >6 reps if 40-50 yrs old, and >4 reps if 50-60 yrs old? If male can you curl 25 pound dumbbells in each hand for >15 reps if 20-30 yrs old, >12 reps if 30-40 yrs old, >10 reps if 40-50 yrs old, and > 6 reps if 50-60 yrs old? (if you are heavier than 180 lbs use 30 pound dumbbells). If you can place a check in the checkbox. How to do it: When performing the curl you should be standing with back in neutral and abdomen braced with feet shoulder width apart. Curl dumbbells up to shoulder height and then return using a steady pace not faster than a 2 count down and a 1 count up.</p>	 <p>shutterstock.com • 1376904155</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>Goblet Squat Test</p>	<p>If female can you goblet squat a 15 pound dumbbell for >10 reps if 20-30 yrs old, >8 reps if 30-40 yrs old, >6 reps if 40-50 yrs old, and >4 reps if 50-60 yrs old (if you are heavier than 160 lbs use 20 pound dumbbells).? If male can you goblet squat a 25 pound dumbbell for >15 reps if 20-30 yrs old, >12 reps if 30-40 yrs old, >10 reps if 40-50 yrs old, and > 6 reps if 50-60 yrs old? (if you are heavier than 180 lbs use 30 pound dumbbells). If you can place a check in the checkbox. How to do it: Stand with your feet slightly wider than hip-distance apart, your toes angled slightly outward. Hold a kettlebell or dumbbell in both hands at your chest, gripping it though you were cupping a goblet. Bend your elbows so the goblet is positioned right at the center of your chest. Engage your core and look straight ahead, you want to keep your back neutrally aligned and your eyes facing straight ahead throughout the squat. Hinge your hips back and begin bending your knees to perform the squat. Inhale as you perform this downward phase. Focus on keeping your</p>	 <p>The image is a diagram titled "Goblet Squat LEG EXERCISE". It shows two stages of the exercise: "1. START" and "2. SQUAT DOWN". In the "START" position, a woman stands with her feet shoulder-width apart, holding a dumbbell vertically in front of her chest with both hands. A blue circle highlights her hands holding the dumbbell, with the text "Hold a dumbbell vertically by grabbing one end". A blue line indicates the "Shoulder-width" between her feet. In the "SQUAT DOWN" position, she is in a squat, with her hips pushed back. A blue arrow points to her hips with the text "Push hips back". The diagram is credited to "fitgirl.com".</p>

	I am Fit Testing Procedures	
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	<p style="text-align: center;">AEROBIC ABILITY</p>	<p>Aerobic capacity is a measure of your body's ability to take oxygen from the atmosphere and use it to produce energy for your muscle cells. Many consider the most important fitness metric.</p> <p>Having good cardiovascular fitness has many health benefits, for example, it decreases your risk of cardiovascular diseases, stroke, high blood pressure, diabetes and other diseases as well as impacting life span and all cause mortality. Many factors influence aerobic fitness, including your lung efficiency, cardiac function, gender, age and genetic makeup. High-intensity exercise increases VO2 max.</p> <p>Maximal aerobic power is typically expressed as mL/kg-1/min-1. An individual's VO2 max can be measured or estimated by a variety of techniques, including treadmill running, cycle ergometer, arm cranking, stair stepping, rowing, and walking. However, the gold standard is progressive treadmill testing by walking or running to exhaustion.</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
	<p>AEROBIC ABILITY TESTS Pick 1 or do all 4</p>	<p>There are many options that you can do to test your aerobic fitness. Pick one or do all four to find your ability, then determine if you met the desirable level (above average or the 60 percentile for your age). I recommend the first one (Rockport Walking Test) for most. The first test (Rockport Walking Test) is a simple walking test of a mile, the second is a 1.5 mile run, the third is a determination of your peak intensity on a cardio machine that has a MET display, and the fourth is a standard graded treadmill test.</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
1. Rockport Walking Test	<p>I recommend the Rockport Test for many who can not run because it is a safe walking test. How to do the Rockport Walk Test: After a brief warm up walk as briskly as possible for one mile with a heart rate monitor or measure pulse over 15 seconds when completing the mile to derive beats per minute by multiplying by 4. Use your time and heart rate to determine your aerobic fitness by calculating your score or email us your data and we will determine your score (<u>see Walk Test Link</u>). If you met the desirable level of above average or better you can place a check in the checkbox</p>	

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
2. Cooper 1.5 Mile Walk/Run Test	<p>Cooper 1.5 mile walk/run test (see Cooper Run Test Link).</p> <p>Female desirable level reached if 1.5 mile walk/run time value is < 13:26 if 20-30 yrs old, < 14:34 if 30-40 yrs old, < 15:18 if 40-50 yrs old, and <17:20 if 50-60 yrs old. Male reached the desirable level if 1.5 mile walk/run time value (minutes) is < 11:28 if 20-30 yrs old, < 11:50 if 30-40 yrs old, < 12:26 if 40-50 yrs old, and < 13:54 if 50-60 yrs old. If you met the desirable level you can place a check in the checkbox.</p>	<p>https://www.humankinetics.com/AcuCustom/Sitename/DAM/082/Cooper_Walk_Run_Test.pdf</p>

	I am Fit Testing Procedures	
I am Fit Module	Test	Testing Procedures, Pictures, Description links, and other interesting details.
<p>3. Peak VO2 using your peak MET Value on a display of an Ergometer (elliptical, treadmill, bike, stepper)</p>	<p>On an exercise machine of your choice determine your aerobic ability by finding out your peak MET value that you can sustain for 3 minutes after warming up and doing a 2 or more incremental stages.</p> <p>Female desirable level reached if PEAK MET value is > 10.4 if 20-30 yrs old, >10.1 if 30-40 yrs old, >9.2 if 40-50 yrs old, and >8.4 if 50-60 yrs old. Male reached the desirable level if PEAK MET value is > 12.8 if 20-30 yrs old, >12.2 if 30-40 yrs old, >11.4 if 40-50 yrs old, and >10.5 if 50-60 yrs old. If you met the desirable level you can place a check in the checkbox (see full Peak VO2 chart). How to work up to your Peak MET level: if you if you find working hard to be a MET level of 10 you should start at 3 METS for 3 or more minutes, then 6 or 7 METS for 3 or more minutes, before attempting harder stages. Most cardiovascular machines report MET values on their display because MET values represent the intensity you are working at (what are METS? See link). * Record your heart rate at Peak VO2. This value will allow you to gauge your training and</p>	<p>PEAK MET: The Metabolic Equivalent (MET) concept represents a simple, practical, and easily understood procedure for expressing the energy cost of physical activities as a multiple of the resting metabolic rate. One MET is resting state. Walking at 3.0 miles per hour requires 3.3 METs of energy expenditure and is therefore considered a moderate-intensity activity for most, while vigorous-intensity activities are defined as 6.0 METs or more. Peak MET is the MET level that you can sustain aerobic work for 3 minutes where an increase in intensity beyond this would be too much. So someone being tested may start of at 3 to 4 METS for 3 minutes, increase to 5 to 6 METS for 3 minutes, increase 7 to 8 METS for 3 minutes, etc until they find their Peak MET Level.</p>

	I am Fit Testing Procedures	
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4. Graded Exercise Treadmill Test	You can also do a standard treadmill protocol (see Walking Protocol link) to determine your VO2 Peak. If met the desirable level you of above average (60%) you can place a check in the checkbox.	