	I am Muscular xFit Simplified Testing Form			
l am Muscular xFIT Modules	Test	CHECKBOX/ SCORE	Pict	:ure
NAME / DATE				
Follow these Rules	See <u>xFit Testing Procedures</u> if you are not familiar with a test module and for complete list of all other tests. Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely (See PAR Q Form). This is a self directed advanced test. Use good judgement. If you pass a TEST place a check in the checkbox. If you want report your score in the check box.			
	MUSCULAR ENDURANCE			
Push Ups	If female can you do a push up for >33 reps if 20-30 yrs old, >30 reps if 30-40 yrs old, >25 reps if 40-50 yrs old, and >21 reps if 50-60 yrs old. If male can you do a push up for >39 reps if 20-30 yrs old, >34 reps if 30-40 yrs old, >28 reps if 40-50 yrs old, and >25 reps if 50-60 yrs old? If female make note if you did full or modified position in score sheet.			
Bodyweight Lunge	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.			
Pull Ups	If female can you do a standard pull up for >3 reps if 20-30 yrs old, >2 reps if 30-40 yrs old, >1 rep if > 40 yrs old? If male can you do a standard pull up for >12 reps if 20-30 yrs old, >10 reps if 30-40 yrs old, >6 reps if > 40 yrs old?		From Presidents Council for F	Physical Fitness
	If female can you do a standard dip for >5 reps if 20-30 yrs old, >2-3 reps if 30-40 yrs old, >1 rep if > 40			

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Table										
Muscular Endurance Exercises/ Tests (reps or time seconds)	Female : <30 yrs.	Male : <30 yrs.	Female : 30-39 yrs.	Male : 30-39 yrs.	Female : 40-49 yrs.	Male : 40-49 yrs.	Female : 50-59 yrs.	Male : 50-59 yrs.	Female : 60-64 yrs.	Male : 60-64 yrs.
If you performed well above these values you have an exceptional amount of muscular endurance. If you were just above these values you have a excellent amount of MUSCULAR ENDURANCE. An excellent amount of muscular endurance is the xFit Level.										
Push Ups	≥23	≥30	≥22	≥25	≥18	≥21	≥15	≥18		
Body Weight Lunges	≥18	≥18	≥16	≥16	≥14	≥14	≥10	≥10		
Pull Ups	≥3	≥12	≥2	≥10	≥1/2	≥6				
Dips	≥5	≥15	≥2-3	≥12	≥1	≥10		≥6		
Flexed Arm Hangs (Seconds)	≥16	≥24	≥12	≥20	≥8	≥16				
Strength Exercises/Tests	Female : 20-30 yrs.	Male : 20-30 yrs.	Female : 30-39 yrs.	Male : 30-39 yrs.	Female : 40-59 yrs.	Male : 40-59 yrs.	Female : 60-64 yrs.	Male : 60-64 yrs.		
HOW TO DO TESTS: MULTIPLY RATIO FOR YOUR AGE BY YOUR BODY WEIGHT FOR EACH EXERCISE. LIFT THAT WEIGHT IN EACH OF THE EXERCISES THEN DETERMINE YOUR SCORE. SCORING: If you performed >15 reps then you have an EXCEPTIONAL amount of strength. If you performed 10 or more reps then you have aN EXCELLENT amount of strength. 8-10 is GOOD, 4-7 is AVERAGE, and <4 is LOW. AN EXCELLENT (10+ reps) amount of strength is the xFit Level and a good training level. SEE FORM FOR EACH TEST/EXERCISE.										
Arm Curl Test (Dumbbell or Barbell)	0.23	0.40	0.19	0.30	0.18	0.28				
Dumbbell Goblet Squat Test	0.25	0.35	0.20	0.30	0.19	0.28				
Shoulder Press (Dumbbell or Barbell)	0.15	0.28	0.13	0.22	0.12	0.20				
One Arm Dumbbell Row	0.21	0.38	0.19	0.36	0.18	0.33				
Chest Press	0.42	0.70	0.38	0.60	0.35	0.56				
Free Weight Functional Exercises/ Tests	Female : <39 yrs.	Male : <39 yrs.	Female : 40-59 yrs.	Male : 40-59 yrs.	Female : 60-64 yrs.	Male : 60-64 yrs.				
150/ Ecmale 20 yerde	≥ 15 reps	≥ 15 reps	≥ 10 reps	≥ 10 reps	≥ 4 reps	≥ 4 reps				
Farmers Carry with 50% of your body weight for male 'and 25% for female 30	≥ 30 yards	≥ 30 yards	≥ 20 yards	≥ 20 yards	≥ 10 yards	≥ 10 yards				
Single Leg Squat to 60 degrees	≥6 reps	≥6 reps	≥4 reps	≥4 reps						
Hex Bar Deadlift for 10 Reps	.60 for	.70 for	.54 for	.63 for 10 reps	.48 for	.57 for 10 reps				
Hex Bar Deadlift for 5 Reps	.80 for 10 reps	1.1 for	.65 for 5 reps	.90 for 5 reps	.55 for 5 reps	.87 for 5 reps				
Core Ability Exercises/Tests (reps or time seconds)										
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.										
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.										
SideBridge	≥ 90 secs	≥ 90 secs								
Single Leg Bridge	≥ 90 secs	≥ 90 secs								



