

	I am xFit Simplified Testing Form																								
<b>I am xFIT Modules</b>	<b>Test</b>	CHECKBOX/SCORE	<b>Picture</b>																						
<b>NAME / DATE</b>																									
<b>Follow these Rules</b>	See <a href="#">xFit Testing Procedures</a> 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. <b>If you pass a TEST place a check in the checkbox.</b> If you want report your score in the check box.																								
<b>Heart Rate</b>	Do you have resting heart rate of 60 or below?																								
	<b>BODY COMPOSITION</b>																								
<b>Waist circumference</b>	Do you have a desirable waist circumference (across naval)? Acceptable values are less than 34 and 30" for men and women: some exceptions apply if you are a mesomorph (email us to find out).																								
	<b>MUSCULAR ENDURANCE</b>																								
<b>Push Ups</b>	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? <b>If female make note if you did full or modified position in score sheet.</b>																								
<b>Bodyweight Lunge</b>	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.																								
<b>Pull Ups</b>	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?																								
<b>Dips</b>	If female can you do a standard dip for >5 reps if 20-30 yrs old, >2 rep if > 40 yrs old? If male can you do a standard pull up for >15 reps if 20-30 yrs old, >12 reps if 30-40 yrs old, >10 reps if > 40 yrs old?																								
<b>Flexed Arm Hangs</b>	If female can you do a flexed arm hang for >16 secs if 20-30 yrs old, >12 secs if 30-40 yrs old, >8 secs if > 40 yrs old? If male can you do a flexed arm hang for >24 secs if 20-30 yrs old, >20 secs if 30-40 yrs old, >16 secs if > 40 yrs old?																								
	<b>CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE</b>																								
<b>Core Sidebridge</b>	Can you do hold a side bridge for 90 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.																								
<b>Core Single Leg Bridge</b>	Can you do hold a Single Leg Bridge for 90 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.																								
<b>Core Flexion Hold</b>	Can you do a Core Flexion hold ( 45 degrees) for 75 seconds?																								
	<b>MUSCULAR STRENGTH</b>																								
			A 10RM is a 10 repetition maximum. It is the most weight that you can lift 10X.																						
<b>Arm Curl Test</b>	If female is your 10RM strength ratio for the arm curl >.23, in other words can you arm curl 23% of your body weight 10x? If male is your 10RM strength ratio for the arm curl .40, in other words can you arm curl 40% of your body weight 10x?																								
<b>Goblet Squat Test</b>	If female is your 10RM strength ratio for the goblet squat >.25, in other words can you goblet squat 25% of your body weight 10x? If male is your 10RM strength ratio for the goblet squat .35, in other words can you goblet squat 35% of your body weight 10x? <b>If greater than 39 yrs old use strength ratios of .20 and .30 for females and males respectively.</b>																								
<b>Smith Machine Chest Press Machine or Barbell Bench Press</b>	If female is your 10RM strength ratio for the chest press >.42, in other words can you chest press 42% of your body weight 10x? If male is your 10RM strength ratio for the chest press .70, in other words can you chest press 70% of your body weight 10x? <b>If greater than 39 yrs old use strength ratios of .38 and .60 for females and males respectively.</b>																								
	<b>New Tests 2022</b>																								
<b>Squat to Shoulder Press</b>	Can you do a squat to shoulder press with 25% of your body weight for male and 15% for female for > 15 reps < 39 yrs old, > 10 reps if 39-50 yrs old, and > 4 reps if > 50 yrs old.																								
<b>Famers Carry</b>	Can you do a farmers carry with 50% of your body weight for male and 25% for female for > 30 yards if < 39 yrs old, > 20 yards if 39-50 yrs old, > 10 yards if > 50 yrs old.																								
<b>Barbell or Hex Bar Deadlift</b>	Can you do a Hex Bar Deadlift or Barbell Deadlift for 5 reps if .70 of bodyweight if <39 yrs old, .63 if 39-59 yrs old, and .57 if >59 yrs old. If females at .60 of bodyweight if <39 yrs old, .54 if 39-59 yrs old, and .48 if >59 yrs old.																								
<b>Single Leg Squat</b>	Can you do a Single Leg Squat to 60 degrees of knee flexion with perfect form for ≥ 10 reps.																								
	<b>AEROBIC ABILITY</b>																								
	A. Choose a Machine B. Choose an Intensity: non-maximal intensity <b>A. (Non-PEAK)</b> or maximal intensity <b>B. (PEAK)</b> on whatever machine you choose. C. Find the highest Intensity you can sustain for 3 minutes after a warm up period (INTENSITY VALUES=METS, WATTS, MPH & INCLINE). <b>If Non-PEAK work at a Somewhat Difficult to Difficult Level. If PEAK work at a MAXIMAL Level.</b> I suggest the <b>Non-PEAK</b> Test for most. Only people who consider themselves fit should attempt a <b>PEAK</b> Test. D. Compare your intensity to MET/MPH Chart Below. If you used WATTS use a calculation to convert to METS (see calculation, must include body weight). If you used MPH/INCLINE use a calculation to convert to METS (see calculation, must include body weight).		<table border="1"> <thead> <tr> <th colspan="2">RPE SCALE</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Nothing</td> </tr> <tr> <td>2</td> <td>Very Easy</td> </tr> <tr> <td>3</td> <td>Easy</td> </tr> <tr> <td>4</td> <td>Comfortable</td> </tr> <tr> <td>5</td> <td>Somewhat Difficult</td> </tr> <tr> <td>6</td> <td>Difficult</td> </tr> <tr> <td>7</td> <td>Hard</td> </tr> <tr> <td>8</td> <td>Very Hard</td> </tr> <tr> <td>9</td> <td>Extremely Hard</td> </tr> <tr> <td>10</td> <td>Maximal/Exhaustion</td> </tr> </tbody> </table>	RPE SCALE		1	Nothing	2	Very Easy	3	Easy	4	Comfortable	5	Somewhat Difficult	6	Difficult	7	Hard	8	Very Hard	9	Extremely Hard	10	Maximal/Exhaustion
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<b>A. NON-PEAK Aerobic Ability Test using your SOMEWHAT TO DIFFICULT MPH SPEED/ running on Treadmill or NON-PEAK MET on an exercise machine</b>	Female reached desirable level if >4.5 MPH or 7.7 METS if 20-30 yrs old, >3.8 MPH or 6.9 METS if 30-40 yrs old, >3.8 MPH or 6.9 METS if 40-50 yrs old, and >3.6 MPH or 6.3 METS if 50-60 yrs old. Male reached desirable level if >5.6 MPH or 9.5 METS if 20-30 yrs old, >5.1 MPH or 8.9 METS if 30-40 yrs old, >4.9 MPH or 8.5 METS if 40-50 yrs old, and >4.5 MPH or 7.8 METS if 50-60 yrs old. If you scored 1-2 METS above you have an excellent amount of aerobic fitness.																								
<b>B. PEAK Aerobic Ability Test using your PEAK MPH SPEED/ walking/ running on Treadmill or PEAK MET on an exercise machine</b>	Female reached desirable level if >6.4 MPH or 10.9 METS if 20-30 yrs old, >6.2 MPH or 10.5 METS if 30-40 yrs old, >5.7 MPH or 9.7 METS if 40-50 yrs old, and >5.1 MPH or 8.8 METS if 50-60 yrs old. Male reached desirable level if >8.1 MPH or 13.4 METS if 20-30 yrs old, >7.6 MPH or 12.6 METS if 30-40 yrs old, >7.1 MPH or 11.9 METS if 40-50 yrs old, and >6.5 MPH or 11.0 METS if 50-60 yrs old. If you scored 1-2 METS above you have an excellent amount of aerobic fitness.																								