

	I am xFit Simplified Testing Form		
<b>I am xFIT Modules</b>	<b>Test</b>	CHECKBOX/SCORE	<b>Picture</b>
NAME / DATE			
Follow these Rules	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 <a href="#">PAR Q Form</a> ). 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.		
Heart Rate	Do you have resting heart rate of 60 or below?		
	<b>BODY COMPOSITION</b>		
Waist circumference	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>		
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? <b>If female make note if you did full or modified position in score sheet.</b>		
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?		
Dips	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 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?		
Flexed Arm Hangs	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>		
Core Sidebridge	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.		
Core Single Leg Bridge	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.		
Core Flexion Hold	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.
Arm Curl Test	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?		
Goblet Squat Test	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>		
Smith Machine Chest Press Machine or Barbell Bench Press	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>		
Squat to Shoulder Press	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.		
Famers Carry	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.		
Barbell or Hex Bar Deadlift	Can you do a Hex Bar Deadlift or Barbell Deadlift for 5 reps for males at .1.10 of bodyweight if <39 yrs old, .90 if 39-59 yrs old, and .80 if >59 yrs old. If females at .80 of bodyweight if <39 yrs old, .65 if 39-59 yrs old, and .55 if >59 yrs old. OR Can you do a Hex Bar Deadlift or Barbell Deadlift for 10 reps for males at .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.		
Single Leg Squat	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).		<b>RPE SCALE</b>
			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
A. NON-PEAK Aerobic Ability Test using your SOMEWHAT DIFFICULT TO DIFFICULT MPH SPEED walking/ running on Treadmill or NON-PEAK MET on an exercise machine	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. PEAK Aerobic Ability Test using your PEAK MPH SPEED walking/ running on Treadmill or PEAK MET on an exercise machine	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.		