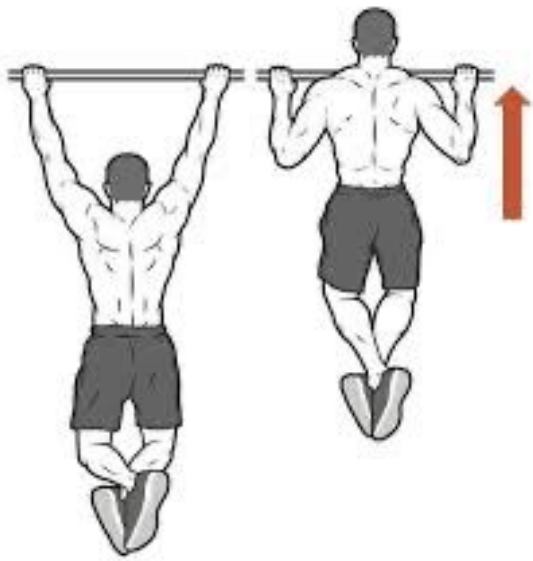
	MUSCULAR ABILITY	The list below contains some traditional exercises and primary movements that are often used in a muscular fitness programs that are safe and effective for most people. Use this list to test your ability as well as learn how to do each exercise properly.
	MUSCULAR ENDURANCE TESTS AND EXERCISE FORM	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	**Can you do a wall squat for over 180 seconds for men and 90 seconds for women?** 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.	
Step Up and Down Test	**Can you do > 100 step ups and downs off a standard stair in two minute?** 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.	

Bodyweight Squat Test	**If female can you do a body weight squat for >27 reps if 20-30 yrs old, >24 reps if 30-40 yrs old, >21 reps if 40-50 yrs old, and >18 reps if 50-60 yrs old. If male can you do a body weight squat for >33 reps if 20-30 yrs old, >30 reps if 30-40 yrs old, >27 reps if 40-50 yrs old, and >24 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.	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/135/bodyweight-squat/
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?** If you can place a check in the checkbox. **Standard pull ups form:** Grasp the overhead bar using an overhand grip (palms facing away from body) with the arms fully extended. Then raise the body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended. The pull-ups should be done in a smooth motion. Jerky motion, swinging the body, and kicking or bending the legs is not permitted.	 **From Presidents Council for Physical Fitness**

Parallel Bar Dips	**If female can you do a parallel dip for >3-4 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 parallel dip for >12 reps if 20-30 yrs old, >10 reps if 30-40 yrs old, >6 reps if > 40 yrs old?** If you can put a check in the box. **Standard dip form:** Grab the parallel bars and jump up, straighten your arms. Lower your body by bending your arms while leaning forward. Dip down until your shoulders are below your elbows. Lift your body up by straightening your arms. Almost lock your elbows at the top. Jerky motion, swinging the body, and kicking the legs is not permitted.	**From Presidents Council for Physical Fitness**
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?** 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.	**From Presidents Council for Physical Fitness: https://www.military.com/military-fitness/marine-corps-fitness-requirements/usmc-pft-charts**

Inverted Suspension Row	**If female can you do a suspension row for >15 reps? If male can you do a suspension row for >22 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. **NO ACCESS TO SUSPENSION TRAINER PLACE AN N/A in checkbox.**	
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 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.	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/41/push-up/
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.** 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.	
Lateral Standing Leg Lift	**Can you hold a lateral leg lift for >60 seconds if < 40 yrs old, if older can you hold it for 40 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.	

	MUSCULAR STRENGTH TESTS AND EXERCISE FORM	Muscular strength is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort or for multiple repetitions. A single repetition maximum at a given weight is known as a 1 RM or one repetition maximum. Strength is also defined by repetitions of maximum. A 10 RM would be the heaviest weight you could lift for 10 consecutive repetitions. Performance of 1 RM testing can be dangerous so we are going to list Fit desired values as 10 RMs. Scoring will also take in consideration your body weight through Strength Ratios. To determine Strength Ratio on a given exercise divide weight maximum weight lifted ten times time by body weight to determine the Strength Ratio. So if you are a 200 lbs male and you can bench press 150 lbs ten times you have a bench press 10 RM strength ratio of .75. In other words you can maximumly lift 75% of his body weight 10x. If you would like to know what the 1 RM desired values for each exercise are please email us. Skill and athletic lifts were not chosen because of risk of injury and the need for perfect execution. If you do not have access to a machine place NA on the form.
	If female is your 10RM strength ratio for the dumbbell curl >.23, in other words can you arm curl 23% of your body weight 10x? If male is your 10RM strength ratio for the dumbbell arm curl .40, in	

Arm Curl Test	**other words can you arm curl 40% of your body weight 10x?** ***If greater than 39 yrs old use strength ratios of .19 and .30 for females and males respectively.*** ***You can use a Barbell. When calculating ratio use total weight lifted. So if you used a 20 lbs dumbbell use 40 lbs when calculating ratio.** If you can put a check in the box. **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.	**https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/44/seated-biceps-curl/**
	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 curl .35, in other words can you goblet squat 35% of your body weight 10x? ***If greater than 39 yrs old use strength ratios of .20 and .30 for females and males respectively.*** If you can put a check in the box. **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 Squat Test	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 chest tall as you continue pressing your hips back and lowering down. Make sure your weight remains evenly distributed across your foot, or slightly more weighted toward your heel, you shouldn't come up on your toes as you squat. The goal is to get your hips below parallel with your knees. Press through your heels and reverse the motion to return to the starting position. Exhale as you rise, and be sure to press your hips forward at the top of the squat to more fully engage your glutes. Use a steady pace not faster than a 2 count down and a 1 count up.	
	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? If you can put a check in the box. ***If greater than 39 yrs old use strength ratios of .38 and .60 for females and males respectively.*** ***You can use a Barbell or Dumbbell. When calculating ratio use total weight lifted. So if you used a 20 lbs dumbbell use 40**	

Chest Press Machine or Barbell or Dumbbell Bench Press	**lbs when calculating ratio. If using a Hoist Horizontal Grip Chest Press Machine multiply the weight stack number by 1.7 to get total lbs. lifted. How to do it:** Maintain the natural arch in your low back and avoid arching your back throughout the exercise. Depress and retract your scapulae (pull shoulders back and down) and attempt to hold this position throughout the exercise.Gently exhale and slowly perform a pressing movement, extending your elbows in front, while maintaining a neutral wrist position, and keep your head aligned with your spine while avoiding any arching your low back. Continue pressing until your elbows are fully extended, but not locked. Your shoulder blades should continue to make contact with the backrest and not round or bend forward. Pause momentarily then gently allow your elbows to flex (bend) in a slow, controlled manner while returning the bar back towards the starting position. Repeat the movement. Use a steady pace not faster than a 2 count down and a 1 count up. See more on form at ACE Fitness for Machine Press. See more on form at ACE Fitness for Barbell Chest Press.	
	If female is your 10RM strength ratio for the lat pulldown >.42, in other words can you lat pulldown 42% of your body weight 10x? If male is your 10RM strength ratio for the lat pulldown >.76, in other	

Lat Pulldown Machine	**words can you lat pulldown 76% of your body weight 10x?** ***If greater than 39 yrs old use strength ratios of .39 and .73 for females and males respectively.*** If you can put a check in the box. **How to do it:** Maintain the natural arch in your low back and avoid losing natural curve. Hand placement should be around shoulder width part with grip facing out. The start position is at full arm length. The bar should be pulldown to below chin, which is end of the range of motion. The torso can be move backwards through the decent of bar where the motion is occurring through a hinge at the hips. Always breathe, no holding, keeping your head aligned with your spine. Have a slight pause at bottom of motion and then return to start position. Repeat the movement. Use a steady pace not faster than a 2 count down and a 1 count up. See more on form at ACE Fitness.	
Dumbbell Row	**If female is your 10RM strength ratio for the one arm dumbbell row >.21, in other words can you row 21% of your body weight 10x? If male is your 10RM strength ratio for the one arm dumbbell row >.38, in other words can you row 38% of your body weight 10x?** ***If greater than 39 yrs old use strength ratios of .19 and .36 for females and males respectively.*** If you can put a check in the box. **How to do it:** Place one knee and same side hand on bench and make back horizontal with floor. Maintain the natural	

	arch in your low back and avoid losing natural curve. Pull dumbbell from arm length position to abdomen touching the body and return to start position. Repeat the movement. Use a steady pace not faster than a 2 count down and a 1 count up. See more on form at ACE Fitness.	
Leg Press Machine	**If female is your 10RM strength ratio for the leg press machine >1.45, in other words can you leg press 145% of your body weight 10x? If male is your 10RM strength ratio for the leg press machine >1.9, in other words can you leg press 190% of your body weight 10x?** ***If greater than 39 yrs old use strength ratios of 1.3 and 1.7 for females and males respectively.*** If you can put a check in the box. **How to do it:** Maintain the natural arch in your low back and avoid losing natural curve throughout execution of every repetition. Hand placement should be on the handles under the seat. The start position is at 90 degrees of knee flexion where foot placement is shoulder width apart and toes are in line with the knee. The pressing motion should occur from the buttocks, hips, and quadriceps through the heels and mid-foot. Extend legs till knees are almost locked, but never lock the knees. Have a slight pause at top of motion and then return to start position, but do not let the weight fully return. Repeat the movement. Use a steady pace not faster than a 2 count down and a 1 count up. **MOST LEG PRESS WEIGHT**	

	STACK MACHINES ARE 2X THE WEIGHT SHOWN ON THE STACK- SEE PLACARD ON MACHINE. YOU CAN USE A PLATE LOADED LEG PRESS MACHINE TO TEST YOURSELF. See more on form at ACE Fitness.	
Leg Extension Machine	If your PT or doctor advised you not to do this exercise please omit. **If female is your 10RM strength ratio for the leg extension machine >.31, in other words can you leg extend 31% of your body weight 10x? If male is your 10RM strength ratio for the leg extension machine >.48, in other words can you leg extend 48% of your body weight 10x?** ***If greater than 39 yrs old use strength ratios of .30 and .49 for females and males respectively.*** If you can put a check in the box. **How to do it:** Maintain the natural arch in your low back and avoid losing natural curve throughout execution of every repetition. Sit and place feet behind roller pad, align knees with pivot point. Adjust back back pad if necessary. Grasp handles and raise feet until legs are fully extended. Slowly return to the start position. Repeat the movement. Use a steady pace not faster than a 2 count down and a 1 count up. See more on form at ACE Fitness.	

Leg Curl Machine	The strength ratios for the seated leg curls (as pictured) and the prone are the same. **If female is your 10RM strength ratio for the leg curl machine >.18, in other words can you leg curl 18% of your body weight 10x? If male is your 10RM strength ratio for the leg curl machine >.27, in other words can you leg curl 27% of your body weight 10x?** ***If greater than 39 yrs old use strength ratios of .22 and .16 for females and males respectively.*** If you can put a check in the box. **How to do it:** Maintain the natural arch in your low back and avoid losing natural curve throughout execution of every repetition. Sit and place feet on top of if seated roller pad, align knees with pivot point. Adjust back back pad if necessary. Grasp handles and lower feet until legs are at 90 degrees. Slowly return to the start position. Repeat the movement. Use a steady pace not faster than a 1 count down and a 2 count up. See more on form at ACE Fitness.	
	If female is your 10RM strength ratio for the dumbbell shoulder press >.23, in other words can you shoulder press 23% of your body weight 10x? If male is your 10RM strength ratio for the dumbbell shoulder press .40, in other words can you shoulder press 40% of your body weight 10x? ***If greater than 39 yrs old use strength ratios of .19 and .35 for females and males***	

Shoulder Press	***respectively.* *You can use a Barbell or Shoulder Press Machine. When calculating ratio use total weight lifted. So if you used a 20 lbs dumbbell use 40 lbs when calculating ratio.** If you can put a check in the box. **How to do it:** When performing the curl you should be standing with back in neutral and abdomen braced with feet shoulder width apart. From shoulder height and palms facing body press dumbbells overhead to slightly before locked position return using a steady pace not faster than a 2 count down and a 1 count up. Use the total amount lifted in your calculations. In other words if you used 20 lbs dumbbells then the total weight lifted would be 40 lbs. If you weighed 120 lbs your strength ratio would be .33. See more on form at ACE Fitness.	