

<h1>I am xFit Table</h1> <p>see how you rate with each test. <a href="#">See Testing Procedures here.</a> Meet or exceed these Levels to be Considered xFit.</p>									
<h2>1. Body Composition</h2> <p>Acceptable values are less than 34 and 30" for men and women. Tape is parallel with floor and over navel.</p>									
<h2>2. Aerobic Machine Tests</h2> <p>Determine either your NON PEAK MET LEVEL (SUB MAXIMAL) or PEAK MET LEVEL (MAXIMAL) that you can sustain for 3 minutes after warming up and doing at least two, three minute incremental stages. YOU MUST BE ABLE SUSTAIN LAST STAGE FOR 3 MINUTES. IF NOT FIND INTENSITY THAT YOU CAN. Compare your number to the chart. If you meet the level for your age you have a good level of Aerobic Fitness. If you exceed it by 1-2 METS you have an exceptional level of Aerobic Fitness.</p> <p>If you do not have a machine that displays METS, but has WATTS use this calculation to convert WATTS to METS (<a href="#">see calculation</a>, must include body weight). If you treadmill that does not displays METS, but has MPH and Incline use this calculation to convert to METS (<a href="#">see calculation</a>, must include body weight). <a href="#">See additional Aerobic Tests here.</a> See more about METS <a href="#">here</a>).</p> <p><b>NON PEAK / NON MAXIMAL MET LEVEL</b> (Somewhat Hard to Hard Intensity) Non PEAK is for those who do not want to push themselves to the MAX. This is a good intensity to be training at or near for those who are FIT.</p> <p><b>PEAK /MAXIMAL MET LEVEL</b> (Very Hard to Maximal Intensity).</p>									
<h2>3. Strength Exercises/Tests</h2> <p>HOW TO DO TESTS: MULTIPLY RATIO FOR YOUR AGE BY YOUR BODY WEIGHT. LIFT THAT WEIGHT IN EACH OF THE EXERCISES THEN DETERMINE YOUR SCORE. <b>SCORING:</b> If you performed &gt;15 reps then you have an EXCEPTIONAL amount of strength. If you performed 10 or more reps then you have a GOOD amount of strength. 8-10 is FAIR, 4-7 is AVERAGE, and &lt;4 is LOW. A GOOD (10+ reps) amount of strength is the Fit Level and a good training level. <b>SEE FORM FOR EACH TEST/EXERCISE.</b></p> <p><b>EXAMPLE: ARM CURL WEIGHT FOR A 25 YR OLD WOMEN OF 150 LBS WOULD BE 35 LBS (23*150= 23% OF BODY WEIGHT). A GOOD SCORE WOULD BE 10 OR MORE REPS WITH 35 LBS.</b></p> <p><b>Lift Ratio X Body Weight for Each Exercise</b></p>									
<h2>4. Muscular Endurance Exercises/Tests (reps or time seconds)</h2> <p>HOW TO DO TESTS: 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 GOOD amount of MUSCULAR ENDURANCE. A GOOD amount of muscular endurance is the xFit Level. <b>SEE FORM FOR EACH TEST/EXERCISE.</b></p>									
<h2>5. Core Ability Exercises/Tests (reps or time seconds)</h2> <p>HOW TO DO TESTS: 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 xFit Level. <b>SEE FORM FOR EACH TEST/EXERCISE.</b> 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.</p>									
<h2>6. Flexibility</h2> <p>If you do not meet the desired level of flexibility/mobility on any of the tests, but have no pain and are working to improve still consider yourself Fit if you passed all other tests.</p>									
<h2>Free Weight Exercises/Tests</h2> <p><b>2022 ADDITIONAL TESTS:</b> Only do Below if at an Advanced Level</p>									
<p>Squat to Shoulder Press 25% Male and 15% Female</p> <p>Farmers Carry with 50% of your body weight for male 'and 25% for female</p> <p>Single Leg Squat to 60 degrees</p>									
<p>Hex Bar Deadlift</p> <p>Barbell Squat</p> <p>Barbell or Smith Bench Press</p>									