



# “The Mid Body List”



If you're an avid gym-goer, try to earn your spot on MY LIST.

Meet or exceed the standards for your age, and you'll place yourself among an elite group of people who train seriously.

Reaching 70% of the norms qualifies as **HIGHLY FIT**.

Hitting the 90th percentile puts you in the **xFit EXCEPTIONAL** category.

**MY LIST MID BODY CHALLENGE** There are many excellent exercises for strengthening the **mid-body**, and some of my favorites not included for brevity are the bird dogs, bridges, flexion holds, Pallof Presses, and McGill crunches.

**Plank Hold** – Maintain a straight line from head to heels, engaging the core and glutes to prevent sagging or arching of the lower back. Keep the forearms or hands directly beneath the shoulders, and hold the position without allowing the hips to drop or rise.

**45-Degree Hyperextension** – Keep the **back straight** and **hinge at the hips** as you lower into flexion. Extend upward only until the **body forms a straight line**, avoiding hyperextension of the spine. Every repetition should be **slow and controlled** to emphasize posterior chain engagement.

**Side Bridge** – Perform with **feet stacked and body straight**, ensuring the **neck and spine remain aligned**. Maintain tension through the glutes and obliques to prevent sagging or twisting.

**Do the tests. Meet the mark. Report Results to [Fittec@me.com](mailto:Fittec@me.com). Make the list. Earn the truth.**

Fit Table				
Muscular Endurance Exercise Test (reps or seconds)	Female : <50 yrs.	Male : <50 yrs.	Female : >=50 yrs.	Male : >=50 yrs.
Planks	60 secs	60 secs	45 secs	45 secs
45 Degree Hyperextensions	20 reps	20 reps	15 reps	15 reps
Side Bridge	60 secs	60 secs	45 secs	45 secs
xFit Table				
Muscular Endurance Exercise Test (reps or seconds)	Female : <50 yrs.	Male : <50 yrs.	Female : >=50 yrs.	Male : >=50 yrs.
Planks	90 secs	90 secs	60 secs	60 secs
45 Degree Hyperextensions	25 reps	25 reps	20 reps	20 reps
Side Bridge	90 secs	90 secs	60 secs	60 secs

**Disclaimer: Only attempt the exercises and challenges in this program if you are in good health and are already accustomed to these types of exercises. Participation is at your own risk.**

