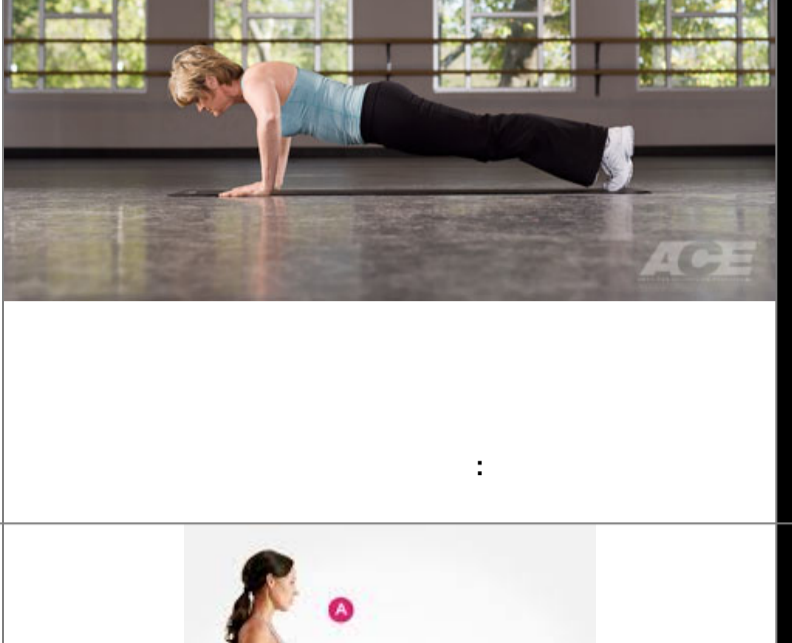

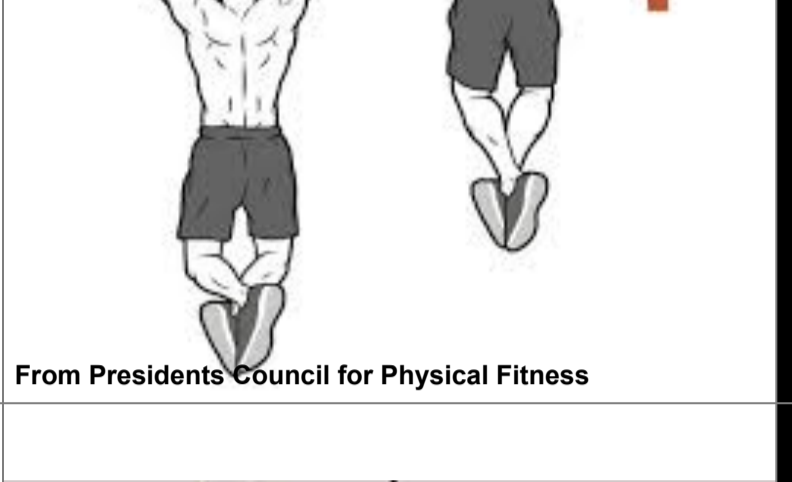
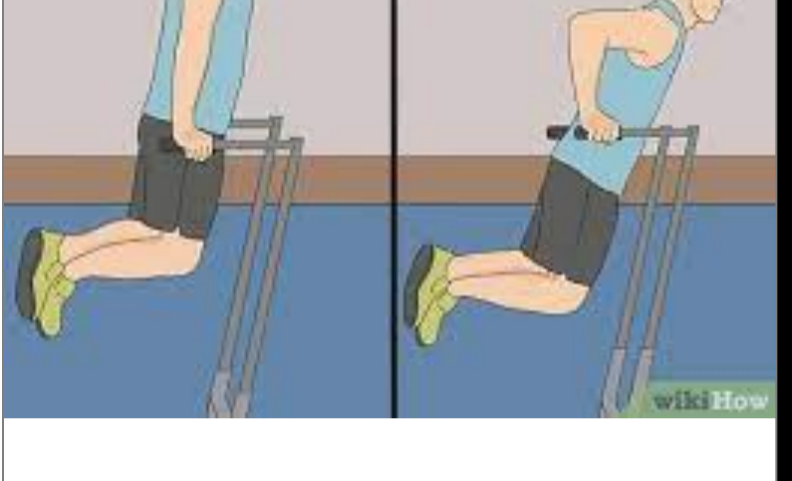






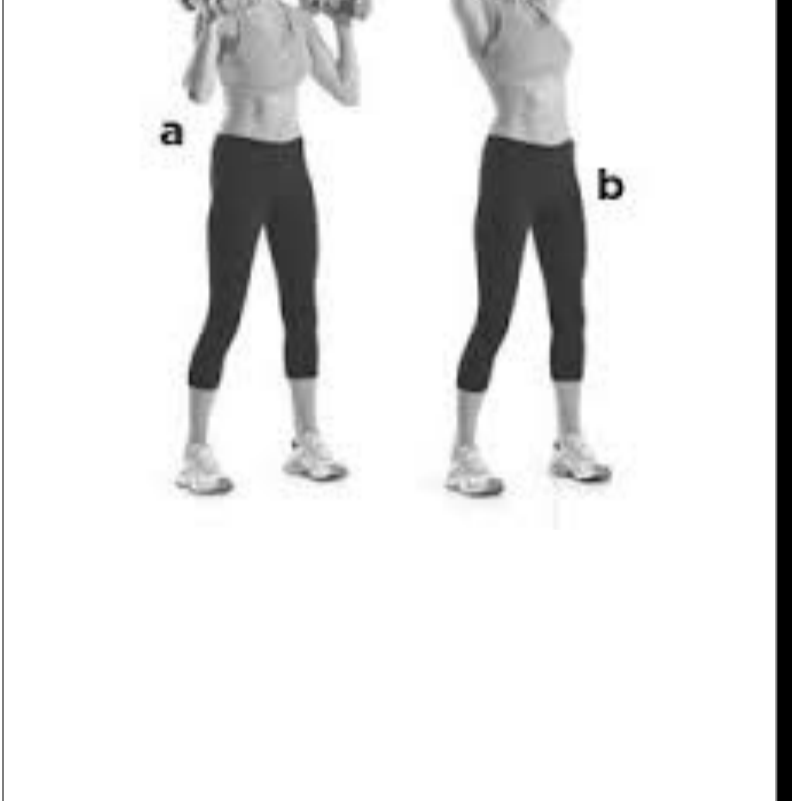







I am Muscular zFIT Modules	I am Muscular Fit Simplified Testing Form	CHECKBOX/ SCORE	Picture
NAME / DATE			
Follow these Rules	See xFit Testing Procedures if you are not familiar with a test module and for complete list of all other tests. Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely (See PAR Q Form). This is a self directed advanced test. Use good judgement. If you pass a TEST place a check in the checkbox. If you want report your score in the check box.		
MUSCULAR ENDURANCE			
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 female make note if you did full or modified position in score sheet.		
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 >1.5 reps if 20-30 yrs old, >1 reps if 30-40 yrs old, >1 rep if > 40 yrs old? If male can you do a standard pull up for >8 reps if 20-30 yrs old, >6 reps if 30-40 yrs old, >4 reps if > 40 yrs old?		 <small>From Presidents Council for Physical Fitness</small>
Dips	If female can you do a standard dip 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 >10 reps if 20-30 yrs old, >8 reps if 30-40 yrs old, >6 reps if > 40 yrs old?		
Flexed Arm Hangs	If female can you do a flexed arm hang for >10 secs if 20-30 yrs old, >8 secs if 30-40 yrs old, >6 secs if > 40 yrs old? If male can you do a flexed arm hang for >18 secs if 20-30 yrs old, >16 secs if 30-40 yrs old, >10 secs if > 40 yrs old?		 <small>From Presidents Council for Physical Fitness:</small>
CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE			
Core Sidebridge	Can you do hold a side bridge for 60 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 BirdDog for 75 seconds? Repeat other side. Are both hold times roughly the same? How to do it: BirdDog ? 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 (45 degrees) hold for 45 seconds?		
MUSCULAR STRENGTH			
Arm Curl Test	If female can you curl 12.5 pound dumbbells in each hand for >10 reps if 20-30 yrs old, >8 reps if 30-40 yrs old, >6 reps if 40-50 yrs old, and >4 reps if 50-60 yrs old? If male can you curl 25 pound dumbbells in each hand for >15 reps if 20-30 yrs old, >12 reps if 30-40 yrs old, >10 reps if 40-50 yrs old, and > 6 reps if 50-60 yrs old? (if you are heavier than 180 lbs use 30 pound dumbbells if male).		 <small>shutterstock.com • 1376904155</small>
Goblet Squat Test	If female can you goblet squat a 15 pound dumbbell for >10 reps if 20-30 yrs old, >8 reps if 30-40 yrs old, >6 reps if 40-50 yrs old, and >4 reps if 50-60 yrs old (if you are heavier than 160 lbs use 20 pound dumbbell)? If male can you goblet squat a 25 pound dumbbell for >15 reps if 20-30 yrs old, >12 reps if 30-40 yrs old, >10 reps if 40-50 yrs old, and > 6 reps if 50-60 yrs old? (if you are heavier than 180 lbs use 30 pound dumbbell)		 <small>Goblet Squat LEG EXERCISE</small> <small>1.START 2.SQUAT DOWN</small> <small>Hold a dumbbell vertically by grabbing one end</small> <small>Shoulder-width</small> <small>Push hips back</small> <small>Fitbit.com</small>
Shoulder Press	If female is your 10RM strength ratio for the dumbbell shoulder press >.15, in other words can you shoulder press 15% of your body weight 10x? If male is your 10RM strength ratio for the dumbbell shoulder press .28, in other words can you shoulder press 28% of your body weight 10x? <i>If greater than 39 yrs old use strength ratios of .13 and .22 for females and males respectively.</i> *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.		 <small>a b</small>
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? <i>If greater than 39 yrs old use strength ratios of .19 and .36 for females and males respectively.</i>		
Smith Machine Chest Press Machine or Barbell Bench Press	If female is your 10RM strength ratio for the chest press >.34, in other words can you chest press 34% of your body weight 10x? If male is your 10RM strength ratio for the chest press .56, in other words can you chest press 56% of your body weight 10x? <i>If greater than 39 yrs old use strength ratios of .30 and .49 for females and males respectively.</i>		
Squat to Shoulder Press	Can you do a squat to shoulder press with 20% of your body weight for male and 10% for female for > 12 reps < 39 yrs old, > 10 reps if 39-50 yrs old, and > 4 reps if > 50 yrs old.		
Farmers Carry	Can you do a farmers carry with 40% of your body weight for male and 20 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 .60 of bodyweight if <39 yrs old, .58 if 39-59 yrs old, and .49 if >59 yrs old. If females at .50 of bodyweight if <39 yrs old, .44 if 39-59 yrs old, and .40 if >59 yrs old.		 <small>Gluteus maximus</small> <small>Hamstrings</small> <small>Akshir magnus</small> <small>Spina</small> <small>Rectus femoris</small> <small>Vastus lateralis</small> <small>Vastus medialis</small>
Single Leg Squat	Can you do a Single Leg Squat to 60 degrees of knee flexion with perfect form for ≥ 6 reps.		