



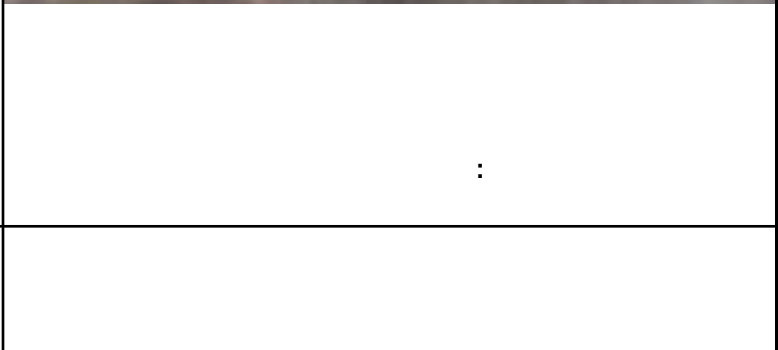






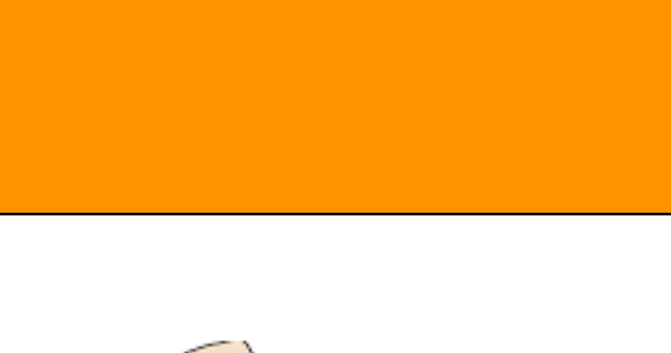



I am FIT Modules	Test	CHECKBOX/ SCORE	Picture																						
NAME / DATE																									
Follow these Rules	<p>See Fit Testing Procedures if you are not familiar with a test module and for the complete list of tests. Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely (See PAR Q Form). Use good judgement. If you pass a TEST place a check in the checkbox. If you want report your score in the score box.</p>																								
Heart Rate	Do you have resting heart rate of 65 or below? If you do place a check in the checkbox.																								
BODY COMPOSITION																									
Waist circumference	If you have a desirable waist measure place a check (X) in the checkbox. Acceptable values are less than 35 and 31.5" for men and women. : some exceptions apply if you are a mesomorph (email us to find out).																								
MUSCULAR ENDURANCE																									
Wall Squat Hold	Can you do a wall squat for over 100 seconds for men and 60 seconds for women? How to do it: Knees are at a 90-degree angle.																								
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.																								
Step Up and Down Test	Can you do > 49 step ups and downs off a standard stair in one minute (if over 50 yrs old make that 40 steps)? 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.																								
Inverted Suspension Row	If female can you do a suspension row for >8 reps? If male can you do a suspension row for >12 reps? If you do not have access to a suspension trainer do the dumbbell row test using this form (ACE Fitness). If female can you do 15 lbs. dumbbell row for > 8 reps? If male can you do a 30 lbs. dumbbell row for >10 reps?																								
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.																								
Lateral Standing Leg Lift	Can you hold a lateral leg lift for >30 seconds if < 40 yrs old, if older can you hold it for 20 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. If you lose your balance it is a failed test.																								
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 BirdDog	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).																								
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)																								
AEROBIC ABILITY																									
	<p>A. Choose a Machine B. Choose an Intensity: Non-maximal intensity A. (Non-PEAK) or maximal intensity B. (PEAK) 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). If Non-PEAK work at a Somewhat Difficult to Difficult Level. If PEAK work at a MAXIMAL Level. I suggest the Non-PEAK Test for most. Only people who consider themselves fit should attempt a PEAK 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).</p>		<table border="1" data-bbox="540 3489 845 3625"> <thead> <tr> <th colspan="2" data-bbox="619 3489 757 3523">RPE SCALE</th> </tr> </thead> <tbody> <tr> <td data-bbox="545 3523 559 3557">1</td> <td data-bbox="563 3523 748 3557">Nothing</td> </tr> <tr> <td data-bbox="545 3557 559 3591">2</td> <td data-bbox="563 3557 748 3591">Very Easy</td> </tr> <tr> <td data-bbox="545 3591 559 3625">3</td> <td data-bbox="563 3591 748 3625">Easy</td> </tr> <tr> <td data-bbox="545 3625 559 3659">4</td> <td data-bbox="563 3625 748 3659">Comfortable</td> </tr> <tr> <td data-bbox="545 3659 559 3692">5</td> <td data-bbox="563 3659 748 3692">Somewhat Difficult</td> </tr> <tr> <td data-bbox="545 3692 559 3726">6</td> <td data-bbox="563 3692 748 3726">Difficult</td> </tr> <tr> <td data-bbox="545 3726 559 3760">7</td> <td data-bbox="563 3726 748 3760">Hard</td> </tr> <tr> <td data-bbox="545 3760 559 3794">8</td> <td data-bbox="563 3760 748 3794">Very Hard</td> </tr> <tr> <td data-bbox="545 3794 559 3828">9</td> <td data-bbox="563 3794 748 3828">Extremely Hard</td> </tr> <tr> <td data-bbox="545 3828 559 3862">10</td> <td data-bbox="563 3828 748 3862">Maximal/Exhaustion</td> </tr> </tbody> </table>	RPE SCALE		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
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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 >4.2 MPH or 7.4 METS if 20-30 yrs old, >4.0 MPH or 7.0 METS if 30-40 yrs old, >3.6 MPH or 6.7 METS if 40-50 yrs old, and >3.3 MPH or 6.2 METS if 50-60 yrs old. Male reached desirable level if >4.8 MPH or 9.0 METS if 20-30 yrs old, >5 MPH or 8.7 METS if 30-40 yrs old, >4.6 MPH or 7.5 METS if 40-50 yrs old, and >4.1 MPH or 7.0 METS if 50-60 yrs old. If you met the desirable level you can place a check in the checkbox. If you scored 1-2 METS above you have an excellent amount of aerobic fitness. If 1-2 METS below your aerobic fitness is for to below average.																								
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 >5.9 MPH or 10 METS if 20-30 yrs old, >5.7 MPH or 9.7 METS if 30-40 yrs old, >5 MPH or 8.8 METS if 40-50 yrs old, and >4.6 MPH or 8.1 METS if 50-60 yrs old. Male reached desirable level if >7.3 MPH or 12.1 METS if 20-30 yrs old, >7 MPH or 11.7 METS if 30-40 yrs old, >6.5 MPH or 10.9 METS if 40-50 yrs old, and >5.9 MPH or 10.1 METS if 50-60 yrs old. If you met the desirable level you can place a check in the checkbox. If you scored 1-2 METS above you have an excellent amount of aerobic fitness. If 1-2 METS below your aerobic fitness is for to below average.																								