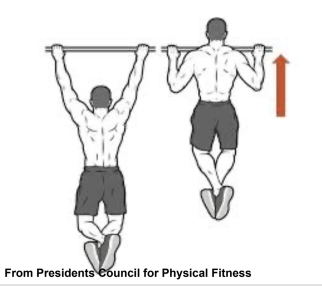
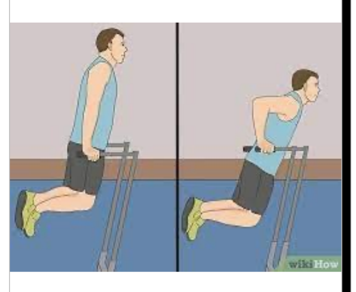
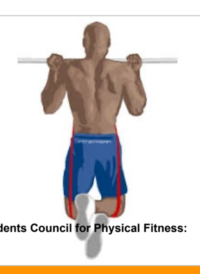
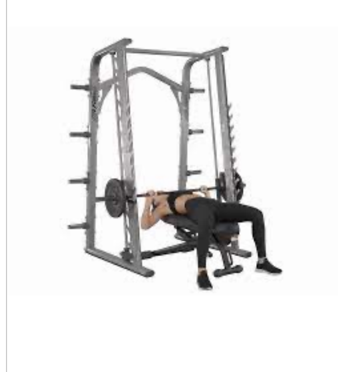
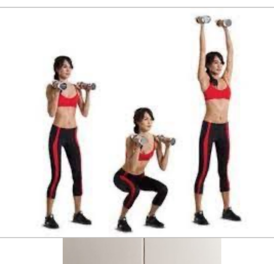
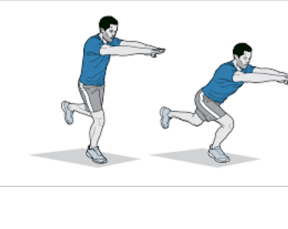
	I am Muscular xFit Simplified Testing Form		
I am Muscular xFIT Modules	**Test**	CHECKBOX/ SCORE	**Picture**
NAME / DATE			
Follow these Rules	**See** [xFit Testing Procedures](#) **if you are not familiar with a test module and for complete list of all other tests.** Before beginning any sort of physical 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 >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?**		 From Presidents Council for Physical Fitness
Dips	**If female can you do a standard dip for >5 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 standard pull up for >15 reps if 20-30 yrs old, >12 reps if 30-40 yrs old, >10 reps if > 40 yrs old?**		
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?**		 From Presidents Council for Physical Fitness:
	CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE		
Core Sidebridge	**Can you do hold a side bridge for 90 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 Single Leg Bridge for 90 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 Flexion Hold	**Can you do a Core Flexion hold (45 degrees) for 75 seconds?**		
45 Degree Hyperextensions	**Can you do 45 Degree Hyoerextensions with perfect form for 25 reps?**		
	MUSCULAR STRENGTH		A 10RM is a 10 repetition maximum. It is the most weight that you can lift 10X. HOW TO DO TESTS: MULTIPLY RATIO FOR YOUR AGE BY YOUR BODY WEIGHT FOR EACH EXERCISE. LIFT THAT WEIGHT IN EACH OF THE EXERCISES THEN DETERMINE YOUR SCORE. SCORING: If you performed >15 reps then you have an EXCEPTIONAL amount of strength. If you performed 10 or more reps then you have aN EXCELLENT amount of strength. 8-10 is GOOD, 4-7 is AVERAGE, and <4 is LOW. AN EXCELLENT (10+ reps) amount of strength is the xFit Level and a good training level. SEE FORM FOR EACH TEST/ EXERCISE. See FORM for each exercise on this page.
Arm Curl Test	**If female is your 10RM strength ratio for the dumbbell arm curl >.23, in other words can you arm curl 23% of your body weight 10x? If male is your 10RM strength ratio for the arm curl .40, in other words can you arm curl 40% of your body weight 10x? *If greater than 39 yrs old use strength ratios of .20 and .30 for females and males respectively.***		
Goblet Squat Test	**If female is your 10RM strength ratio for the goblet squat >.25, in other words can you shoulder press 25% of your body weight 10x? If male is your 10RM strength ratio for the goblet squat .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.***		
Shoulder Press	**If female is your 10RM strength ratio for the dumbbell shoulder press >.21, in other words can you shoulder press 21% of your body weight 10x? If male is your 10RM strength ratio for the dumbbell shoulder press .38, in other words can you shoulder press 38% of your body weight 10x? *If greater than 39 yrs old use strength ratios of .27 and .45 for females and males 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.**		
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.***		
Smith Machine Chest Press Machine or Barbell Bench Press	**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 greater than 39 yrs old use strength ratios of .38 and .60 for females and males respectively.***		
Squat to Shoulder Press	**Can you do a squat to shoulder press with 25% of your body weight for male and 15% for female for > 10 reps < 39 yrs old, > 8 reps if 39-50 yrs old, and > 4 reps if > 50 yrs old.**		
Famers Carry	**Can you do a farmers carry with 50% of your body weight for male and 25% 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 .1.10 of bodyweight if <39 yrs old, .90 if 39-59 yrs old, and .80 if >59 yrs old. If females at .80 of bodyweight if <39 yrs old, .65 if 39-59 yrs old, and .55 if >59 yrs old.**		
Single Leg Squat	**Can you do a Single Leg Squat to 60 degrees of knee flexion with perfect form for ≥ 10 reps.**		

I am Muscular xFit Table

Muscular Endurance Exercises/ Tests (reps or time seconds)	Female : <30 yrs.	Male : <30 yrs.	Female : 30-39 yrs.	Male : 30-39 yrs.	Female : 40-49 yrs.	Male : 40-49 yrs.	Female : 50-59 yrs.	Male : 50-59 yrs.	Female : 60-64 yrs.	Male : 60-64 yrs.
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 excellent amount of MUSCULAR ENDURANCE. An excellent amount of muscular endurance is the xFit Level.										
Push Ups	≥23	≥30	≥22	≥25	≥18	≥21	≥15	≥18		
Body Weight Lunges	≥18	≥18	≥16	≥16	≥14	≥14	≥10	≥10		
Pull Ups	≥3	≥12	≥2	≥10	≥1/2	≥6				
Dips	≥5	≥15	≥2-3	≥12	≥1	≥10		≥6		
Flexed Arm Hangs (Seconds)	≥16	≥24	≥12	≥20	≥8	≥16				
Strength Exercises/Tests	Female : 20-30 yrs.	Male : 20-30 yrs.	Female : 30-39 yrs.	Male : 30-39 yrs.	Female : 40-59 yrs.	Male : 40-59 yrs.	Female : 60-64 yrs.	Male : 60-64 yrs.		
HOW TO DO TESTS: MULTIPLY RATIO FOR YOUR AGE BY YOUR BODY WEIGHT FOR EACH EXERCISE. LIFT THAT WEIGHT IN EACH OF THE EXERCISES THEN DETERMINE YOUR SCORE. SCORING: If you performed >15 reps then you have an EXCEPTIONAL amount of strength. If you performed 10 or more reps then you have aN EXCELLENT amount of strength. 8-10 is GOOD, 4-7 is AVERAGE, and <4 is LOW. AN EXCELLENT (10+ reps) amount of strength is the xFit Level and a good training level. SEE FORM FOR EACH TEST/EXERCISE.										
Arm Curl Test (Dumbbell or Barbell)	0.23	0.40	0.19	0.30	0.18	0.28				
Dumbbell Goblet Squat Test	0.25	0.35	0.20	0.30	0.19	0.28				
Shoulder Press (Dumbbell or Barbell)	0.15	0.28	0.13	0.22	0.12	0.20				
One Arm Dumbbell Row	0.21	0.38	0.19	0.36	0.18	0.33				
Chest Press	0.42	0.70	0.38	0.60	0.35	0.56				
Free Weight Functional Exercises/ Tests	Female : <39 yrs.	Male : <39 yrs.	Female : 40-59 yrs.	Male : 40-59 yrs.	Female : 60-64 yrs.	Male : 60-64 yrs.				
Squat to Shoulder Press 25% Male and 15% Female 30 yards	≥ 10 reps	≥ 10 reps	≥ 8 reps	≥ 8 reps	≥ 4 reps	≥ 4 reps				
Farmers Carry with 50% of your body weight for male 'and 25% for female 30 yards	≥ 30 yards	≥ 30 yards	≥ 20 yards	≥ 20 yards	≥ 10 yards	≥ 10 yards				
Single Leg Squat to 60 degrees	≥6 reps	≥6 reps	≥4 reps	≥4 reps						
Hex Bar Deadlift for 5 Reps	.80 for 5 reps	1.1 for 5 reps	.65 for 5 reps	.90 for 5 reps	.55 for 5 reps	.87 for 5 reps				
Core Ability Exercises/Tests (reps or time seconds)										
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 Fit Level. 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.										
SideBridge	≥ 90 secs	≥ 90 secs								
Single Leg Bridge	≥ 90 secs	≥ 90 secs								
Core Flexion Hold	≥ 75 secs	≥ 75 secs								
45 Degree Hyperextensions	25 reps	25 reps								