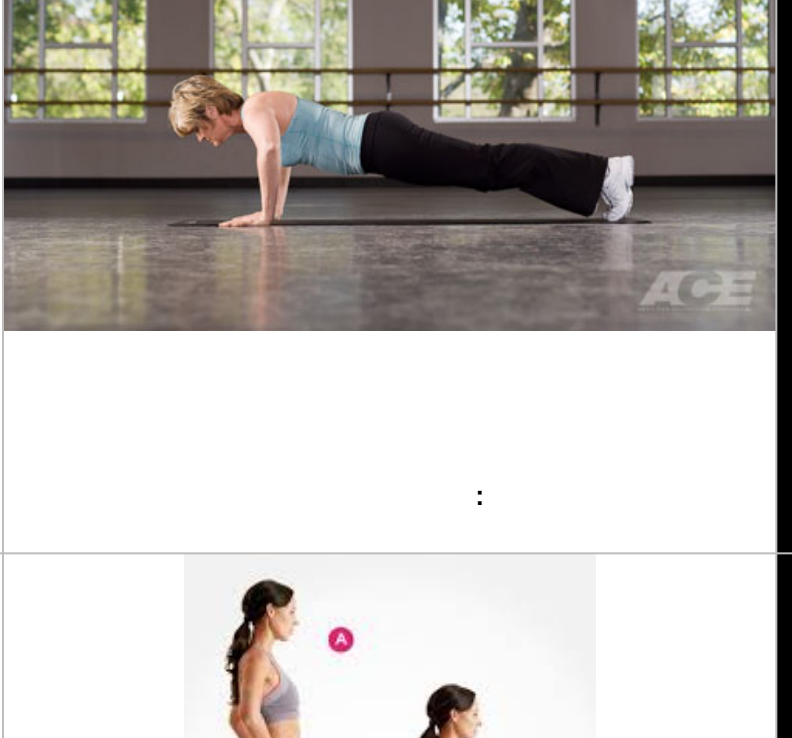
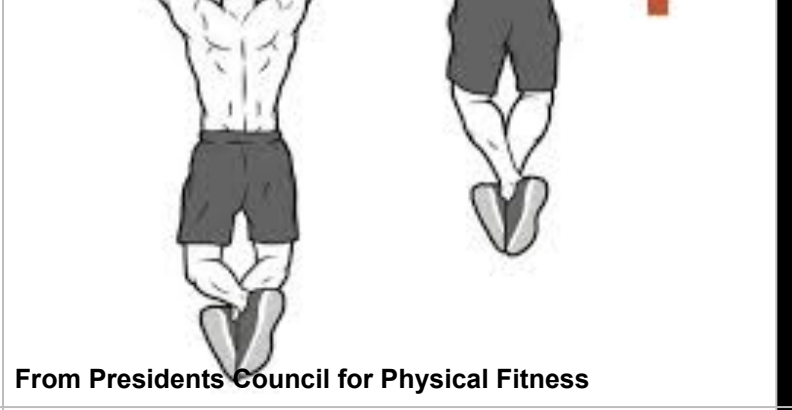
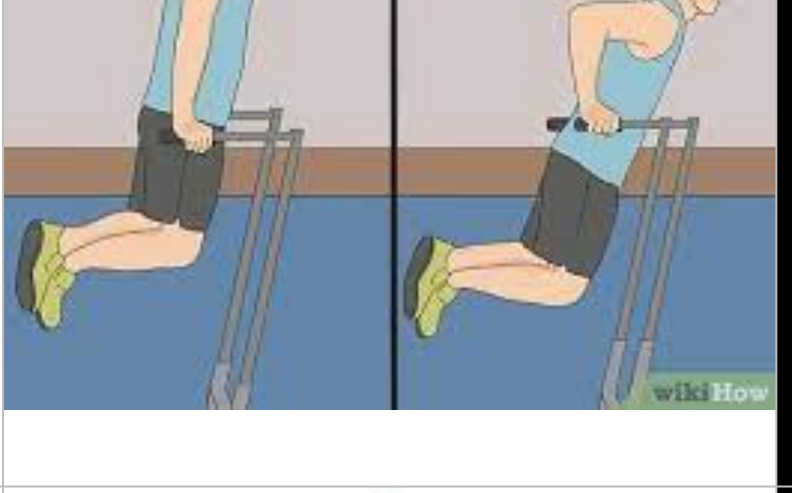
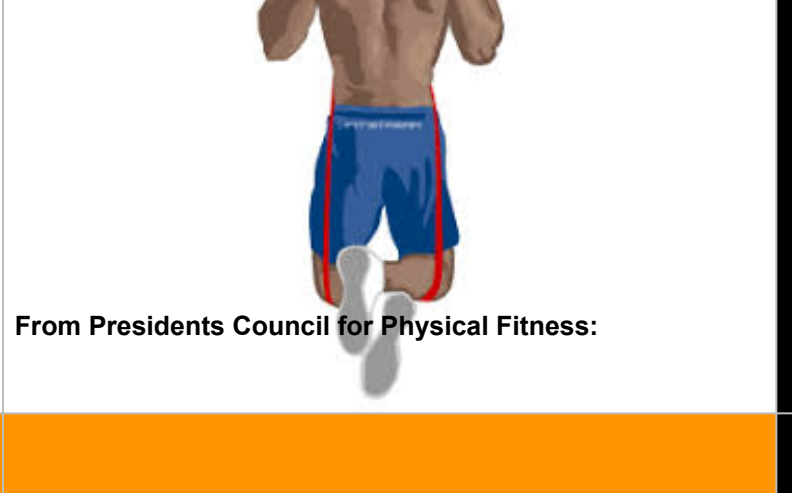



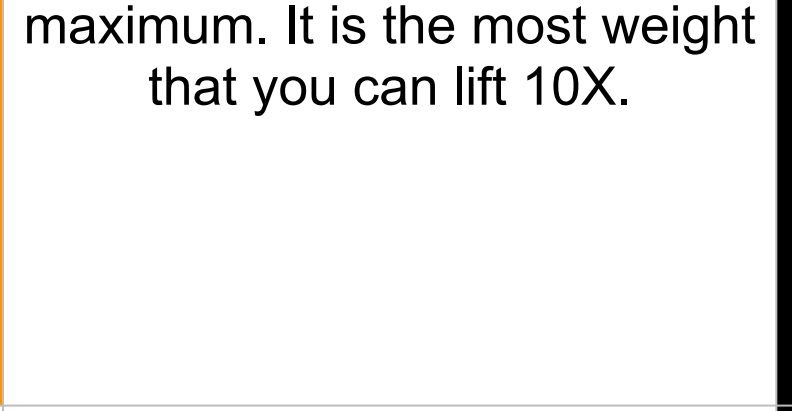




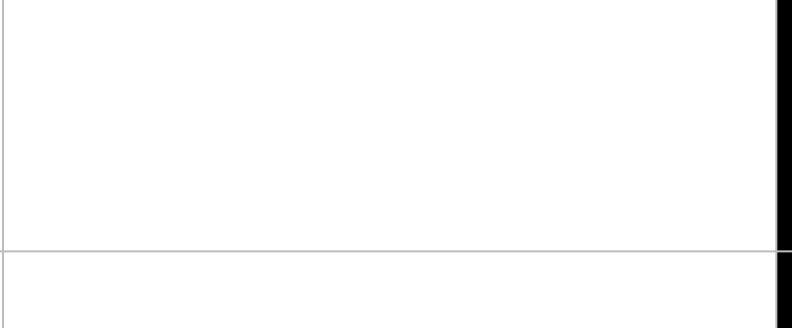




	I am Muscular xFit Simplified Testing Form		
I am Muscular xFIT Modules	Test	CHECKBOX/ SCORE	Picture
NAME / DATE			
Follow these Rules	<p>See <a href="#">xFit Testing Procedures</a> if you are not familiar with a test module and for complete list of all other tests. Before beginning any sort of physical assessment make sure you are physically able to perform the tests safely (See <a href="#">PAR Q Form</a>). This is a self directed advanced test. Use good judgement. <b>If you pass a TEST place a check in the checkbox.</b> If you want report your score in the check box.</p>		
	<b>MUSCULAR ENDURANCE</b>		
Push Ups	<p>If female can you do a push up for &gt;33 reps if 20-30 yrs old, &gt;30 reps if 30-40 yrs old, &gt;25 reps if 40-50 yrs old, and &gt;21 reps if 50-60 yrs old. If male can you do a push up for &gt;39 reps if 20-30 yrs old, &gt;34 reps if 30-40 yrs old, &gt;28 reps if 40-50 yrs old, and &gt;25 reps if 50-60 yrs old? <b>If female make note if you did full or modified position in score sheet.</b></p>		
Bodyweight Lunge	<p>Can you do a standard lunge for &gt;18 reps if 20-30 yrs old, &gt;16 reps if 30-40 yrs old, &gt;14 reps if 40-50 yrs old, and &gt;10 reps if 50-60 yrs old.</p>		
Pull Ups	<p>If female can you do a standard pull up for &gt;3 reps if 20-30 yrs old, &gt;2 reps if 30-40 yrs old, &gt;1 rep if &gt; 40 yrs old? If male can you do a standard pull up for &gt;12 reps if 20-30 yrs old, &gt;10 reps if 30-40 yrs old, &gt;6 reps if &gt; 40 yrs old?</p>		 <p>From Presidents Council for Physical Fitness</p>
Dips	<p>If female can you do a standard dip for &gt;5 reps if 20-30 yrs old, &gt;2-3 reps if 30-40 yrs old, &gt;1 rep if &gt; 40 yrs old? If male can you do a standard pull up for &gt;15 reps if 20-30 yrs old, &gt;12 reps if 30-40 yrs old, &gt;10 reps if &gt; 40 yrs old?</p>		
Flexed Arm Hangs	<p>If female can you do a flexed arm hang for &gt;16 secs if 20-30 yrs old, &gt;12 secs if 30-40 yrs old, &gt;8 secs if &gt; 40 yrs old? If male can you do a flexed arm hang for &gt;24 secs if 20-30 yrs old, &gt;20 secs if 30-40 yrs old, &gt;16 secs if &gt; 40 yrs old?</p>		 <p>From Presidents Council for Physical Fitness:</p>
	<b>CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE</b>		
Core Sidebridge	<p>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.</p>		
Core Single Leg Bridge	<p>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.</p>		
Core Flexion Hold	<p>Can you do a Core Flexion hold ( 45 degrees) for 75 seconds?</p>		
	<b>MUSCULAR STRENGTH</b>		
			<p>A 10RM is a 10 repetition maximum. It is the most weight that you can lift 10X.</p>
Arm Curl Test	<p>If female is your 10RM strength ratio for the arm curl &gt;.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?</p>		 <p>shutterstock.com • 1376904155</p>
Goblet Squat Test	<p>If female is your 10RM strength ratio for the goblet squat &gt;.25, in other words can you goblet squat 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? <i>If greater than 39 yrs old use strength ratios of .20 and .30 for females and males respectively.</i></p>		 <p>Goblet Squat LEG EXERCISE</p> <p>1.START 2.SQUAT DOWN</p> <p>Hold a dumbbell vertically by grabbing one end</p> <p>Push hips back</p> <p>Shoulder-width</p> <p>FitWiki.com</p>
Shoulder Press	<p>If female is your 10RM strength ratio for the dumbbell shoulder press &gt;.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? <i>If greater than 39 yrs old use strength ratios of .27 and .45 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.</p>		 <p>a b</p>
Dumbbell Row	<p>If female is your 10RM strength ratio for the one arm dumbbell row &gt;.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 &gt;.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></p>		
Smith Machine Chest Press Machine or Barbell Bench Press	<p>If female is your 10RM strength ratio for the chest press &gt;.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? <i>If greater than 39 yrs old use strength ratios of .38 and .60 for females and males respectively.</i></p>		
Squat to Shoulder Press	<p>Can you do a squat to shoulder press with 25% of your body weight for male and 15% for female for &gt; 15 reps &lt; 39 yrs old, &gt; 10 reps if 39-50 yrs old, and &gt; 4 reps if &gt; 50 yrs old.</p>		
Famers Carry	<p>Can you do a farmers carry with 50% of your body weight for male and 25% for female for &gt; 30 yards if &lt; 39 yrs old, &gt; 20 yards if 39-50 yrs old, &gt; 10 yards if &gt; 50 yrs old.</p>		
Barbell or Hex Bar Deadlift	<p>Can you do a Hex Bar Deadlift or Barbell Deadlift for 5 reps for males at .1.10 of bodyweight if &lt;39 yrs old, .90 if 39-59 yrs old, and .80 if &gt;59 yrs old. If females at .80 of bodyweight if &lt;39 yrs old, .65 if 39-59 yrs old, and .55 if &gt;59 yrs old. OR Can you do a Hex Bar Deadlift or Barbell Deadlift for 10 reps for males at .70 of bodyweight if &lt;39 yrs old, .63 if 39-59 yrs old, and .57 if &gt;59 yrs old. If females at .60 of bodyweight if &lt;39 yrs old, .54 if 39-59 yrs old, and .48 if &gt;59 yrs old.</p>		 <p>www.FITWIKI.COM www.FITWIKI.COM www.FITWIKI.COM</p> <p>Goblet press Hex bar Abductor magnus Vastus lateralis Rectus femoris Vastus medialis Situs</p>
Single Leg Squat	<p>Can you do a Single Leg Squat to 60 degrees of knee flexion with perfect form for ≥ 10 reps.</p>		