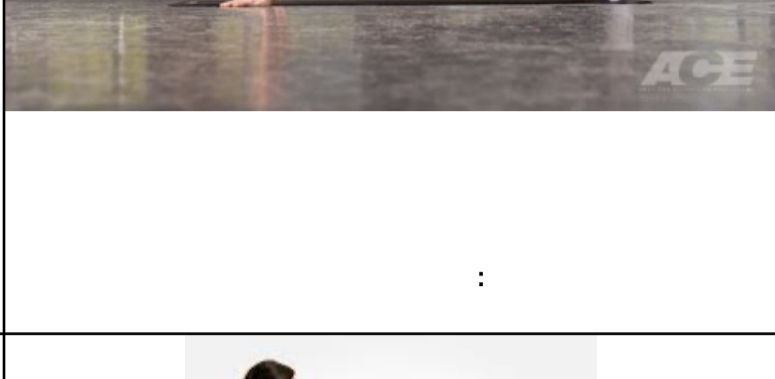




	I am xFit Simplified Testing Form																						
<b>I am xFIT Modules</b>	<b>Test</b>	CHECKBOX/SCORE	<b>Picture</b>																				
NAME / DATE																							
Follow these Rules	See <a href="#">xFit Testing Procedures</a> if you are not familiar with a test module and for complete 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.																						
Heart Rate	Do you have resting heart rate of 60 or below?																						
	<b>BODY COMPOSITION</b>																						
Waist circumference	Do you have a desirable waist circumference (across naval)? Acceptable values are less than 34 and 30" for men and women: some exceptions apply if you are a mesomorph (email us to find out).																						
	<b>MUSCULAR ENDURANCE</b>																						
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? <b>If female make note if you did full or modified position in score sheet.</b>																						
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:																				
	<b>CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE</b>																						
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?																						
	<b>MUSCULAR STRENGTH</b>																						
			A 10RM is a 10 repetition maximum. It is the most weight that you can lift 10X.																				
Arm Curl Test	If female is your 10RM strength ratio for the 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?		 shutterstock.com • 1376904155																				
Goblet Squat Test	If female is your 10RM strength ratio for the goblet squat >.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? <b>If greater than 39 yrs old use strength ratios of .20 and .30 for females and males respectively.</b>		 Goblet Squat LEG EXERCISE 1. START 2. SQUAT DOWN Hold a dumbbell vertically by grabbing one end Push hips back Shoulder width Athenacore																				
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? <b>If greater than 39 yrs old use strength ratios of .38 and .60 for females and males respectively.</b>																						
	<b>New Tests 2022</b>																						
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 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.		 GLUTEUS maximus Hamstrings Adductor magnus Vastus lateralis Rectus femoris Vastus medialis Soleus																				
Single Leg Squat	Can you do a Single Leg Squat to 60 degrees of knee flexion with perfect form for ≥ 10 reps.																						
	<b>AEROBIC ABILITY</b>																						
	A. Choose a Machine B. Choose an Intensity: non-peak intensity <b>A. (Non-PEAK)</b> or maximal intensity <b>B. (PEAK)</b> 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). <b>If Non-PEAK work at a Somewhat Difficult to Difficult Level. If PEAK work at a MAXIMAL Level.</b> I suggest the <b>Non-PEAK</b> Test for most. Only people who consider themselves fit should attempt a <b>PEAK</b> 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).		<b>RPE SCALE</b>																				
			<table border="1"> <tr><td>1</td><td>Nothing</td></tr> <tr><td>2</td><td>Very Easy</td></tr> <tr><td>3</td><td>Easy</td></tr> <tr><td>4</td><td>Comfortable</td></tr> <tr><td>5</td><td>Somewhat Difficult</td></tr> <tr><td>6</td><td>Difficult</td></tr> <tr><td>7</td><td>Hard</td></tr> <tr><td>8</td><td>Very Hard</td></tr> <tr><td>9</td><td>Extremely Hard</td></tr> <tr><td>10</td><td>Maximal/Exhaustion</td></tr> </table>	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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<b>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</b>	Female reached desirable level if >4.5 MPH or 7.7 METS if 20-30 yrs old, >3.8 MPH or 6.9 METS if 30-40 yrs old, >3.8 MPH or 6.9 METS if 40-50 yrs old, and >3.6 MPH or 6.3 METS if 50-60 yrs old. Male reached desirable level if >5.6 MPH or 9.5 METS if 20-30 yrs old, >5.1 MPH or 8.9 METS if 30-40 yrs old, >4.9 MPH or 8.5 METS if 40-50 yrs old, and >4.5 MPH or 7.8 METS if 50-60 yrs old. If you scored 1-2 METS above you have an excellent amount of aerobic fitness.																						
<b>B. PEAK Aerobic Ability Test using your PEAK MPH SPEED walking/ running on Treadmill or PEAK MET on an exercise machine</b>	Female reached desirable level if >6.4 MPH or 10.9 METS if 20-30 yrs old, >6.2 MPH or 10.5 METS if 30-40 yrs old, >5.7 MPH or 9.7 METS if 40-50 yrs old, and >5.1 MPH or 8.8 METS if 50-60 yrs old. Male reached desirable level if >8.1 MPH or 13.4 METS if 20-30 yrs old, >7.6 MPH or 12.6 METS if 30-40 yrs old, >7.1 MPH or 11.9 METS if 40-50 yrs old, and >6.5 MPH or 11.0 METS if 50-60 yrs old. If you scored 1-2 METS above you have an excellent amount of aerobic fitness.																						