

I am xFit Table																																																																																																													
see how you rate with each test. <a href="#">See Testing Procedures here.</a> Meet or exceed these Levels to be Considered xFit.																																																																																																													
<b>1. Body Composition</b>																																																																																																													
Acceptable values are less than 34 and 30" for men and women. Tape is parallel with floor and over navel.																																																																																																													
<b>2. Aerobic Machine Tests</b>																																																																																																													
Determine either your NON PEAK MET LEVEL (SUB MAXIMAL) or PEAK MET LEVEL (MAXIMAL) that you can sustain for 3 minutes after warming up and doing at least two, three minute incremental stages. YOU MUST BE ABLE SUSTAIN LAST STAGE FOR 3 MINUTES. IF NOT FIND INTENSITY THAT YOU CAN. Compare your number to the chart. If you meet the level for your age you have a good level of Aerobic Fitness. If you exceed it by 1-2 METS you have an exceptional level of Aerobic Fitness.																																																																																																													
If you do not have a machine that displays METS, but has WATTS use this calculation to convert WATTS to METS ( <a href="#">see calculation</a> , must include body weight). If you treadmill that does not displays METS, but has MPH and Incline use this calculation to convert to METS ( <a href="#">see calculation</a> , must include body weight). <a href="#">See additional Aerobic Tests here.</a> See more about METS <a href="#">here</a> ).																																																																																																													
<b>NON PEAK / NON MAXIMAL MET LEVEL</b> (Somewhat Hard to Hard Intensity) Non PEAK is for those who do not want to push themselves to the MAX. This is a good intensity to be training at or near for those who are FIT.																																																																																																													
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<b>Test yourself</b>																																																																																																													
1. <b>WAIST SIZE MATTERS.</b> Measure your Waist in inches across you abdomen and compare to chart.																																																																																																													
2. <b>CAN YOU ACHIEVE THE MET LEVEL FOR YOUR AGE?</b> Measure your Aerobic Ability through a 3 minute SubMax or Maximum Test after initial stages on a machine of your choice by determining your MET level and comparing that Met Level to the Chart below.																																																																																																													
3. <b>WHAT IS YOUR STRENGTH?</b> Perform Strength Tests using 10 RM Method. Try to complete each exercise for 10 or more reps to meet the xFit Level. Find the appropriate weight to test with for your age by multiplying the ratio (see chart) by your body weight in pounds. See 2022 additional tests.																																																																																																													
4. <b>WHAT IS YOUR MUSCULAR ENDURANCE?</b> Perform Muscular Endurance Tests for as many repetitions or in case of the Flexed Arm Hang and Wall Holds in seconds.																																																																																																													
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6. <b>FLEXIBILITY/MOBILITY</b> If you do not meet the desired level of flexibility/mobility on any of the tests, but have no pain and are working to improve still consider yourself xFit if you passed all other tests <a href="#">See Testing Procedures here</a> for all flexibility/mobility tests.																																																																																																													
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<p>HOW TO DO TESTS: MULTIPLY RATIO FOR YOUR AGE BY YOUR BODY WEIGHT. LIFT THAT WEIGHT IN EACH OF THE EXERCISES THEN DETERMINE YOUR SCORE. <b>SCORING:</b> If you performed &gt;15 reps then you have an EXCEPTIONAL amount of strength. If you performed 10 or more reps then you have a GOOD amount of strength. 8-10 is FAIR, 4-7 is AVERAGE, and &lt;4 is LOW. A GOOD (10+ reps) amount of strength is the Fit Level and a good training level. <b>SEE FORM FOR EACH TEST/EXERCISE.</b></p> <p>EXAMPLE: ARM CURL WEIGHT FOR A 25 YR OLD WOMEN OF 150 LBS WOULD BE 35 LBS (23*150= 23% OF BODY WEIGHT). A GOOD SCORE WOULD BE 10 OR MORE REPS WITH 35 LBS.</p>																																																																																																													
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