

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 or half height in inches.																																																																																																																							
<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 (see calculation, must include body weight). If you treadmill that does not displays METS, but has MPH and Incline use this calculation to convert to METS (see calculation, must include body weight). See additional Aerobic Tests here. See more about METS here).																																																																																																																							
<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.																																																																																																																							
<b>PEAK /MAXIMAL MET LEVEL</b> (Very Hard to Maximal Intensity).																																																																																																																							
<b>3. Strength Exercises/Tests</b>																																																																																																																							
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<p>Female : &lt;39 yrs.    Male : &lt;39 yrs.    Female : 40-59 yrs.    Male : 40-59 yrs.    Female : 60-64 yrs.    Male : 60-64 yrs.</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>																																																																																																																							
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 >15 reps then you have an EXCEPTIONAL amount of strength. If you performed 10 or more reps then you have a EXCELLENT amount of strength. 8-10 is GOOD, 4-7 is AVERAGE, and <4 is LOW. A EXCELLENT (10+ reps) amount of strength is the Fit Level and a good training level. SEE FORM FOR EACH TEST/ EXERCISE.																																																																																																																							
<b>Lift Ratio X Body Weight for Each Exercise</b>																																																																																																																							
<table border="1"> <thead> <tr> <th></th> <th>RATIO</th> <th>RATIO</th> <th>RATIO</th> <th>RATIO</th> <th>RATIO</th> <th>RATIO</th> <th></th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>Arm Curl Test (Dumbbell or Barbell)</td> <td>0.25</td> <td>0.45</td> <td>0.23</td> <td>0.40</td> <td>0.20</td> <td>0.35</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Dumbbell Goblet Squat Test</td> <td>0.25</td> <td>0.35</td> <td>0.20</td> <td>0.30</td> <td>0.19</td> <td>0.28</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Chest Press</td> <td>0.45</td> <td>0.75</td> <td>0.42</td> <td>0.70</td> <td>0.40</td> <td>0.65</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Lat Pulldown Machine</td> <td>0.42</td> <td>0.76</td> <td>0.39</td> <td>0.73</td> <td>0.36</td> <td>0.68</td> <td></td> <td></td> <td></td> </tr> <tr> <td>One Arm Dumbbell Row</td> <td>0.25</td> <td>0.50</td> <td>0.23</td> <td>0.40</td> <td>0.18</td> <td>0.37</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Row Machine</td> <td>0.42</td> <td>0.76</td> <td>0.38</td> <td>0.72</td> <td>0.36</td> <td>0.67</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Leg Press Machine</td> <td>1.45</td> <td>1.9</td> <td>1.3</td> <td>1.7</td> <td>1.20</td> <td>1.57</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Leg Extension Machine</td> <td>0.65</td> <td>0.8</td> <td>0.60</td> <td>0.78</td> <td>0.58</td> <td>0.72</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Leg Curl Machine</td> <td>0.31</td> <td>0.51</td> <td>0.30</td> <td>0.49</td> <td>0.28</td> <td>0.45</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Shoulder Press (Dumbbell or Barbell)</td> <td>0.22</td> <td>0.40</td> <td>0.20</td> <td>0.35</td> <td>0.18</td> <td>0.32</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>											RATIO	RATIO	RATIO	RATIO	RATIO	RATIO				Arm Curl Test (Dumbbell or Barbell)	0.25	0.45	0.23	0.40	0.20	0.35				Dumbbell Goblet Squat Test	0.25	0.35	0.20	0.30	0.19	0.28				Chest Press	0.45	0.75	0.42	0.70	0.40	0.65				Lat Pulldown Machine	0.42	0.76	0.39	0.73	0.36	0.68				One Arm Dumbbell Row	0.25	0.50	0.23	0.40	0.18	0.37				Row Machine	0.42	0.76	0.38	0.72	0.36	0.67				Leg Press Machine	1.45	1.9	1.3	1.7	1.20	1.57				Leg Extension Machine	0.65	0.8	0.60	0.78	0.58	0.72				Leg Curl Machine	0.31	0.51	0.30	0.49	0.28	0.45				Shoulder Press (Dumbbell or Barbell)	0.22	0.40	0.20	0.35	0.18	0.32			
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<b>4. Muscular Endurance Exercises/Tests (reps or time seconds)</b>																																																																																																																							
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<b>5. Core Ability Exercises/Tests (reps or time seconds)</b>																																																																																																																							
HOW TO DO TESTS: 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 xFit Level. SEE FORM FOR EACH TEST/EXERCISE, 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.																																																																																																																							
<p>≥ 19 reps    ≥ 19 reps</p> <p>≥ 90 secs    ≥ 90 secs</p> <p>≥ 90 secs    ≥ 90 secs</p> <p>≥ 90 secs    ≥ 90 secs</p> <p>≥ 90 secs    ≥ 90 secs</p> <p>≥ 75 secs    ≥ 75 secs</p> <p>≥ 75 secs    ≥ 75 secs</p>																																																																																																																							
<b>6. Flexibility</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 Fit if you passed all other tests.																																																																																																																							
<b>Free Weight Exercises/Tests</b>																																																																																																																							
Only do Below if at an Advanced Level																																																																																																																							
<p>Male : &lt;39 yrs.    Female : &lt;39 yrs.    Male : &lt;39 yrs.    Female : &lt;39 yrs.    Male : &lt;39 yrs.    Female : &lt;39 yrs.</p> <p>≥ 15 reps    ≥ 15 reps    ≥ 10 reps    ≥ 10 reps    ≥ 4 reps    ≥ 4 reps</p> <p>≥ 30 yards    ≥ 30 yards    ≥ 20 yards    ≥ 20 yards    ≥ 10 yards    ≥ 10 yards</p> <p>≥10 reps    ≥10 reps    ≥10 reps    ≥10 reps</p> <p>RATIO    RATIO    RATIO    RATIO    RATIO    RATIO</p> <p>1.0 for 5 reps    1.5 for 5 reps    .8 for 5 reps    1.25 for 5 reps    .6 for 5 reps    1.0 for 5 reps</p> <p>.9 for 10 reps    1.2 for 10 reps    .7 for 10 reps    1.0 for 10 reps    .6 for 10 reps    .8 for 10 reps</p> <p>0.42 for 10 reps    0.70 for 10 reps    0.38 for 10 reps    0.60 for 10 reps    0.35 for 10 reps    0.56 for 10 reps</p>																																																																																																																							
Squat to Shoulder Press 25% Male and 15% Female																																																																																																																							
Farmers Carry with 50% of your body weight for male 'and 25% for female 30 yards																																																																																																																							
Single Leg Squat to 60 degrees																																																																																																																							
Hex Bar Deadlift																																																																																																																							
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Barbell or Smith Bench Press																																																																																																																							