

Hi...

I hope you are looking forward to your fitness assessment. It will paint a very clear picture of what your fitness is at this moment. Here is all the information you need to get ready for your testing:

**3** days out – If you're going to have a hard/high intensity workout around this time, do it today.

**2** days out – a light workout is OK. If you got after it yesterday, today should only be light, active recovery work. Start minimizing salt and sugar intake. This could affect your body weight and some measurements.

**1** day out / the day before – it is advised you do not train the day before your fitness assessment. It's ok to still be active...it would be the perfect day for some light, active recovery. Go for a walk and then mix in a light stretch!

**The day of your assessment** – get on the scale first thing in the morning (after you've gone to the bathroom). The assessment will take approximately 45 minutes to an hour to complete. If you want to train after, that's perfectly fine. **DO NOT DO ANY TRAINING BEFORE YOUR FITNESS ASSESSMENT!** Have hydration handy, and a towel wouldn't hurt.

Your assessment / testing will include some of, if not all the following:

- **VITALS**
- **BODY COMPOSITON**
- **CARIOVASCULAR FITNESS**
- **MUSCLE ENDURANCE**
- **MUSCLULAR STRENGTH**

### **Equipment needed:**

Scale / Tape measure (cloth) / stopwatch / metronome (<https://metronomeonline.com/>) / 12" plyo box or step / yardstick / tape / exercise mat / hydration / towel optional but suggested)

**The next time you should do a fitness assessment is 12 weeks from now.** If you have any questions or concerns, please don't hesitate to reach out – any time ([EEtheTrainer@gmail.com](mailto:EEtheTrainer@gmail.com))



# Explanation of the tests

**Resting Heart Rate** → your resting heart rate is important because it can help provide clues about your overall heart health. A consistently high resting heart rate can be a sign that your heart isn't working as efficiently as it could be. In general, the lower your RHR the fitter you are.

**Blood Pressure** → accurate blood pressure readings help paint a clearer picture of your risk of hypertension, heart disease, and stroke.

## Body composition -

**Body mass index (BMI)** → BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

**Body fat percentage** → body fat percentage plays an important role in understanding your health and Wellness, measuring the differences between lean body mass and fat mass. A healthy body composition will increase your lifespan by reducing the risk of heart disease, cancer, diabetes, insulin resistance, etc., increase energy levels, and improve self-esteem.

**Waist-to-hip ratio** → although not truly a measure of body composition per se, it is a valuable tool for assessing relative fat distribution and risk of disease. People with more fat in the trunk, particularly abdominal fat, are at increased risk for a variety of cardiovascular and metabolic diseases.

## Cardio Endurance

**YMCA step test** → measures your cardiovascular fitness level. This assessment is based on your heart rate recovery, or how fast your heart rate returns to baseline after exercise.

## Flexibility

**Sit-and-reach** → measures the flexibility in your posterior chain (hamstrings/glutes/lower back).

**Muscular Endurance** → this tests the ability of a muscle or muscle group to exert submaximal force for extended periods of time. Along with muscular strength, muscular endurance is important for performing the activities of daily living, as well as in recreational and occupational pursuits.

**1-minute push up test** → measures muscular endurance of the upper body muscles (anterior deltoid/shoulders, pectoralis major/chest, and triceps)

**YMCA bench press test** → this test is used to measure upper body muscular endurance.



**Partial curl-up test** → measures the endurance of the abdominal muscles. It is favored over the sit up test because it eliminates the use of the hip flexor muscles.

**Prone double straight-leg raise test** → this test examines low back muscular endurance and is a predictor of potential low back pain.

**Muscular Strength** → muscular strength is an important component of physical fitness. A minimal level of muscular strength is needed to perform daily activities, especially as one ages, and to participate in recreational or occupational activities without undue risk of injury. It may be expressed as absolute strength or as relative strength.

1-repetition maximum bench press → measures upper-body strength

1-repetition maximum leg press → measures lower-body strength

Estimating 1-rep maximum

Leading up to doing your fitness assessment, keep in mind the following considerations to help produce the best results and most accurate data:

- ✓ Adequate rest (at least 6-8 hrs. sleep the night before)
- ✓ Moderate food intake (a light meal or snack 2-4 hours before your assessment)
- ✓ Adequate hydration (i.e., 6-8 glasses of hydration the day before your assessment and 2 glasses of hydration 2 hours before your test)
- ✓ Avoid chemicals that accelerate your heart rate (excluding prescribed medication) and alcohol
- ✓ Proper attire - make sure you are wearing clothes to train in

The order of the testing in your fitness assessment is specific to ensure optimal performance, adequate rest, and recovery to yield the best and most accurate results. **The tests should be administered in the following order:**

1. Resting tests (e.g., resting heart rate, blood pressure, height, weight, and body composition)
2. Non-fatiguing tests (e.g., flexibility and balance)
3. Muscular strength tests
4. Local muscular endurance tests (e.g., YMCA bench press test, partial curl up test)
5. Submaximal aerobic capacity test (e.g., the step test, Rockport walking test)



# Fitness Assessment

Pretest \_\_\_\_\_ Posttest \_\_\_\_\_ (circle one) Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name \_\_\_\_\_ M/F \_\_\_\_\_ Age \_\_\_\_\_

Preparticipation screening notes: \_\_\_\_\_

Comments: \_\_\_\_\_

Assessment	Score / result	Classification
<b><i>Vital signs</i></b>	<b>Score / result</b>	<b>Classification</b>
<a href="#">Resting heart rate (RHR)</a>		
<a href="#">Resting blood pressure</a>		
<b><i>Body composition</i></b>	<b>Score / result</b>	<b>Classification</b>
Height		N/A
Weight		
Waist circumference		
Hip circumference		
<a href="#">Waist-to-hip ratio</a>		
% Body fat (method _____)		
<b><i>Cardiorespiratory endurance</i></b>	<b>Score / result</b>	<b>Classification</b>
VO <sub>2</sub> max (if you know it)		
<a href="#">YMCA 3-minute step test</a>		
<b><i>Muscular endurance</i></b>	<b>Score / result</b>	<b>Classification</b>
<a href="#">1-minute push-ups test</a>		
<b>OR</b>	<b>Do not do push-ups AND bench press tests (pick 1)</b>	
<a href="#">YMCA bench press</a>		
<a href="#">Partial curl-up</a>		
<a href="#">Prone double straight-leg raise</a>		
<b><i>Muscular strength</i></b>	<b>Score / result</b>	<b>Classification</b>
<b><i>Flexibility</i></b>	<b>Score / result</b>	<b>Classification</b>
<a href="#">Sit-&amp;-reach</a>		

**[Click here for Reference Data on all the tests!](#)**

