



RE FITNESS

***BODYWEIGHT ENDURANCE &
FITNESS TEST***

ReGo

LET'S SEE WHERE YOU'RE AT!

Whether you're just starting back in the game or you've been running the local gym like a hero, this bodyweight strength test is a great way to see where your true endurance is at! It will allow your coach to game

THE "ATHELTE 5"

Comprised of 5 major strength & endurance exercise tests, this signature RE combine formula will reveal your current level of athletic proficiency for both **male & female** (any gender-based variants are included). No matter what the result, we aim to constantly improve — this test should be used as a gauge to expose your biggest competitor, **yourself**.

***This general test best serves
newcomer to advanced fitness
practitioners from 18 - 65.***



WORKOUT 1: PLANK

What it targets: Your core strength

How to do it: Hold your body in a straight line from head to heels. Keep your feet together and your elbows beneath your shoulders. Look straight down and brace for as long as you can. Focus on keeping your hips from sagging. When they do the test is over.

GAUGE

TIME	LEVEL
More than 2 min	Strong
1 min - 2 min	Moderate
30 sec - 1 min	Beginner
Less than 30 sec	Needs Improvement

To improve: Perform the plank with your hands, feet or both on an unstable surface such as a gym ball. You won't be able to hold it for long, but it'll make doing this test on stable ground easier.

WORKOUT 2: BODYWEIGHT SQUAT

What it targets: Your core, quad and hamstring strength

How to do it: Keep your feet shoulder-width apart and toes turned out slightly. Brace your core and lower until your thighs are parallel to the floor and your knees are in line with your feet. Push back to the start through your heels. The test is over when you can't maintain perfect form.

GAUGE

TIME	LEVEL
75 or more	Strong
30 - 74	Moderate
16 - 29	Beginner
Less than 15	Needs Improvement

To improve: Perform walking lunges with light dumbbells to build muscular strength in your glutes and legs.

WORKOUT 3: PUSH-UPS

What it targets: Your chest, shoulder and triceps strength

How to do it: Keep your body in a straight line and your elbows pointing back, not to the sides. Lower until your chest is a fist's height off the floor, then push back up. The test is over when you can't maintain perfect form.

GAUGE

**May complete reps with knees down.*

TIME	LEVEL
50 or more	Strong
25 - 50	Moderate
10-25	Beginner
Less than 10	Needs Improvement

To improve: Complete a set to failure, rest for a few minutes and start again. This will overload the targeted muscles, making them grow stronger.

WORKOUT 4: 1/2 MILE RUN (OR POWER WALK)

What it targets: Your cardiovascular system

How to do it: Set the treadmill elevation to one degree. Keep a constant pace. a 70% effort power walk can be used as an option.

GAUGE

TIME	LEVEL
6 min or under	Strong
8 min - 6 min	Moderate
10 min - 8 min	Beginner
Over 10 min	Needs Improvement

To improve: Build fast endurance and speed by running 25 yard dashes.

Take a day when you aren't training in the gym and do 10 sets of 25 yard wind sprints!

WORKOUT 5: PULL-UPS

What it targets: Your upper back strength

How to do it: Grip the bar overhand, extend your arms fully and let your body hang. Pull up until your chin is over the bar, squeezing your lats. Lower again without swinging. The test is over when you can't maintain perfect form.

GAUGE

****females can complete these using assisted pull-ups/bands to help!***

TIME	LEVEL
50 or more	Strong
25-49	Moderate
5-24	Beginner
Under 5	Needs Improvement

To improve: Do a max set, rest for a few minutes and repeat. Try lat pull-downs on a machine to build back strength. Always stretch after each back session to build strength and increase recovery.



MUST-READ DISCLAIMER

Consult your physician and get permission before starting any exercise program or altering your diet. The training regimens and information expressed within this guide are not medical advice, but for educational purposes only. This program is designed for healthy individuals over the age of 18.

If you are taking any medications, you must talk to your physician before starting any exercise program, including Iron Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

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The editors and publishers of this guide advise readers to take full responsibility for their safety and know their limits. The ideas and principles set forth in the Iron Training materials represent the authors' opinions and are solely for informational and educational purposes.