

## ***Self Fitness Test***

Make sure you warm up before and stretch out after. Only perform a test if you are in good health with no orthopedic issues. Do easier suggested version if pictured exercise is too hard. Try to complete all tests. If time allows do other tests.



Planks-easier version on knees-**good = 60 secs hold**



Side bridges-easier version on knees-**good = 45 secs hold\***

\* Do both sides and compare. A difference between right and left time is an indicator of low back imbalance, which may lead to a disorder



Crunches-**good =31-35 reps men, 24-30 women**

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Dips-harder with feet  
up-good =25 reps  
men, 20 women



Lunges-good = 25  
reps



Push ups-good = 22-29  
reps men, 20-26 women on knees

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**10 “ Step ups, as many as you can do in 60 secs-good = 47-50 reps men, 45-48 women. You can use bottom flight of stairs.**

## Above Average Muscular Endurance Scores

<b>Men</b>	<b>Ages</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
Pushups		29-35	22-29	17-21	13-20
Sit ups		37-42	31-35	26-30	22-25
Step ups		50-55	47-50	42-47	35-42
<b>Women</b>	<b>Ages</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
Pushups		21-29	20-26	15-23	11-20
Sit ups		31-35	24-28	20-24	12-18
Step ups		48-50	45-48	40-45	33-40

## Flexibility tests (Range of Motion (ROM))

Purpose is to measure flexibility (the extensibility of a joint(s) and its supporting muscle, tendons, and ligaments) through 5 tests.

### 1) Neck

Moving your head in different directions will help you understand if you could have a potential neck problem. Look to your right and then your left. Was it the same or was one side easier to move? Was there any pain? Pain could be a sign of dysfunction. Try bringing your shoulder to your ear on both sides by shrugging your shoulder and tilting your head. You should be able to do this pain free. Bringing your chin from your chest to

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where your looking at the ceiling should be pain free fluid motion ending with your face parallel to the floor.

## 2) Shoulder

To measure shoulder rotation, try the motion of reaching behind your back and trying to scratch an itch, sometimes called the Apley Scratch Test. This functional motion is required in daily activities such as reaching into a back pocket, bathing, or fastening clothes. Typically, people are able to come within a few inches of the opposite shoulder blade. The dominant arm typically reaches less than the non-dominant.

## 3) Lower Back

To test the extension of the lumbar spine, lean backwards as far as possible. The amount of extension is measured from the trunk line and vertical line. Normally, 20–30 degrees of extension is possible without pain. Loss of low back range of motion might be an early indicator of developing osteoarthritis.

## 4) Knees

Lying on your back, flex the knees as far as possible. Normally, you should be able to bring your knee close to your buttock or even touch it. This corresponds to an angle of approximately 130–150 degrees. Flexion to 110 degrees is usually adequate to allow individuals to climb or descend stairs and to complete other activities of daily living. Comparing the heel to buttock distance on both sides is a good way to assess the loss of flexion. Often, loss of flexion is due to joint swelling or arthritic changes within the knee.

## 5) Hips

Early degenerative changes in the hips may be detected through an assessment of hip rotation. Hip rotation is where an extended leg is turned in and out. People with early degenerative arthritis of the hip joints frequently lose rotation in the affected hip before losing flexion or abduction. They may also experience groin pain that limits passive rotation.

**Resting Heart Rate Norms**

	Men < 40	Women < 40
Excellent	49-54	54-59
Good	57-61	60-64
Above Average	62-65	66-68
Average	66-70	69-71
Below Average	72-74	72-76
Poor	77-81	78-82
Very Poor	84-94	84-94

## Resting Heart Rate

### Heart rate (pulse rate)

Measure your heat rate at rest, preferably in the morning after awakening. It's a good idea to take 2 to three measures of resting heart rate. Be aware that resting heart rate is variable throughout the day. A low resting heart rate in most cases is indicative of a

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conditioned person, but not always, in some cases it may indicate a diseased heart. Many highly trained athletes have resting heart rates below 50 beats per minute (bpm).

## Aerobic Test

### Functional Aerobic Test

MINUTE/MILE	MPH	20-29 Men	30-39 Men	40-49 Men	20-29 Women	30-39 Women	40-49 Women
7	8.57	HIGH	HIGH	HIGH	HIGH	HIGH	HIGH
8	7.5	HIGH	HIGH	HIGH	HIGH	HIGH	HIGH
9	6.67	GOOD	HIGH	HIGH	GOOD	HIGH	HIGH
10	6	GOOD	GOOD	HIGH	GOOD	HIGH	HIGH
11	5.45	GOOD	GOOD	GOOD	GOOD	GOOD	GOOD
12	5	AVERAGE	GOOD	GOOD	GOOD	GOOD	GOOD
13	4.6	AVERAGE	AVERAGE	AVERAGE	AVERAGE	GOOD	GOOD
14	4.3	FAIR	FAIR	AVERAGE	FAIR	AVERAGE	AVERAGE
15	4	LOW	FAIR	FAIR	LOW	FAIR	AVERAGE
16	3.75	LOW	LOW	FAIR	LOW	FAIR	FAIR
17	3.5	LOW	LOW	FAIR	LOW	FAIR	FAIR
18	3.3	LOW	LOW	LOW	LOW	LOW	FAIR
19	3.15	LOW	LOW	LOW	LOW	LOW	LOW
20	3	LOW	LOW	LOW	LOW	LOW	LOW

Walk or Run on a treadmill or outside at a somewhat hard intensity for 1 mile, record MPH or minutes per mile. MPH\_\_\_\_\_ or Minutes per mile\_\_\_\_\_

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<b>Name: Tests</b>	<b>Date: Results</b>	<b>Scores (average,etc.)</b>
Planks		
Side bridges		
Crunches		
Dips		
Lunges		
Push Ups		
Step ups		
Flex test-Neck		
Flex test-Shoulders		
Flex test-Lower back		
Flex test-Knees		
Flex test-Hips		
Resting Heart Rate		
One Mile walk or Run Time		