



FITNESS TEST

This test is intended to help determine your current fitness level, track results and guide load and duration of exercises. This fitness test should be performed before beginning the program, and again every 4 weeks to track progress. Prior to performing this test it is important that you warm up your muscles. Please follow the pre-workout warm-up routine before beginning the fitness test.

PRE-WORKOUT WARM-UP AND STRETCH

Also perform before each daily workout to reduce injuries and post-exercise soreness and to prepare your body for the increased demands of exercise.

- Jog in place 30-60 seconds
- Perform 30-60 seconds of jumping jacks
- Perform 30-60 seconds of arm swings (rotate your arms forward and backward like a windmill)
- Stretch shoulders, back, upper and lower legs and groin

1 – PUSHUPS (Upper body)

Men should use the standard pushup positions with only your hands and toes touching the floor. Your body should form a straight line from your head to your heels and your head should be looking slightly ahead not straight down. Place your hands slightly wider than shoulder-width apart. Lower your chest down towards the floor until your elbows are at a right angle of your chest is just off the ground. Press up until you are back in the original position and repeat. Women may use the modified pushup position, with knees on the ground following the same procedure as above. Breathe in as you lower and exhale as you push back up.

Do as many pushups as you can until failure and record your score.

Start	Week 4	Week 8	Week 12		
Men, based on age	18-29	30-39	40-49	50-59	60+
Beginner	0-24	0-19	0-15	0-10	0-7
Intermediate	25-49	20-44	16-39	11-34	8-29
Advanced	50+	45+	40+	35+	30+
Women (modified), based on age	18-29	30-39	40-49	50-59	60+
Beginner	0-15	0-12	0-9	0-7	0-5
Intermediate	16-39	13-31	10-28	8-25	6-19
Advanced	40+	32+	29+	26+	20+

2 – JUMPING JACKS (Cardio, coordination, endurance)

Stand erect with your arms at your side, feet straight and close together, head straight and looking forward. Bend your knees slightly and jump up. While in the air spread your legs out slightly wider than shoulder width apart. Simultaneously raise your arms up over your head until they touch above your head. Quickly jump back to the starting position and repeat the process.

Perform jumping jacks for one minute, counting each full repetition and record your score.

Start	Week 4	Week 8	Week 12

Men & Women, based on age	18-29	30-39	40-49	50-59	60+
Beginner	0-30	0-25	0-20	0-15	0-8
Intermediate	31-60	26-55	21-50	16-39	9-28
Advanced	61+	56+	51+	40+	29+

3 – WALL SQUAT (Lower body, legs, muscle endurance)

Stand with your head and back against a wall arms hanging at your side. Feet should be shoulder width apart and about 18 inches from the wall. Lower your body into a squat position with your thighs parallel to the floor. Hold this position.

Maintain this position until failure and record the number of seconds you held the wall squat.

Start	Week 4	Week 8	Week 12

Men, based on age	18-29	30-39	40-49	50-59	60+
Beginner	0-35	0-30	0-25	0-20	0-15
Intermediate	36-74	31-64	26-54	21-44	16-39
Advanced	75+	65+	55+	45+	40+
Women, based on age	18-29	30-39	40-49	50-59	60+
Beginner	0-30	0-25	0-20	0-15	0-10
Intermediate	31-59	26-49	21-39	16-34	11-29
Advanced	60+	50+	40+	35+	30+

4 – FOREARM PLANK (Core, lower back, upper body)

Start in a pushup position except your forearms are on the ground instead of your hands. Ensure your elbows line up directly underneath your shoulders. Form a straight line from you head to your heels—place a broomstick or other straight object on your back to make sure you are in the correct position. Squeeze your glutes and tighten your abdominals. Hold this position.

Maintain this position until failure and record the number of seconds you held the plank.

Start	Week 4	Week 8	Week 12

Men & Women, based on age	18-29	30-39	40-49	50-59	60+
Beginner	0-70	0-65	0-60	0-45	0-35
Intermediate	71-119	66-99	61-89	46-79	36-59
Advanced	120+	100+	90+	80+	60+

5 – MODIFIED SIT & REACH (Lower back and hamstring flexibility)

Sit on the floor with your feet flat against a wall, and your legs touching the floor. Reach forward as far as you can with your hands and note how far you are able to reach.

Do this three times and record your best score.

Start	Week 4	Week 8	Week 12

Men & Women	All Ages
Beginner	Fingers short of wall
Intermediate	Fingers touch wall
Advanced	Knuckles or palms touch wall

6 – SHOULDER JOINT FLEXIBILITY TEST (Shoulder flexibility)

While standing, raise either arm straight above your head. Bend your elbow and reach down across your back with your palm facing your upper back. Position your opposite arm down behind your back and reach up across your back, again with your hand against your back. Keeping your fingers extended, try to overlap the fingers of your upper hand over your lower hand. Repeat with arms reversed, so the arm that was on top is now in the bottom position.

Do this three times and record your best score.

Start	Week 4	Week 8	Week 12

Men & Women	All Ages
Beginner	Fingers don't touch
Intermediate	Fingers touch
Advanced	Fingers overlap

COOL DOWN AND STRETCH

Also perform after each daily workout.

- Walk in place for two minutes
- Stretch shoulders, back, upper and lower legs and groin