

## Fitness Assessment

### Resting Cardiovascular

Resting Heart Rate  Beats Per Minute

Resting Blood Pressure  /  mmHG

### Active Cardiovascular

Walk test  time  distance  heart rate

Bike Test  time  distance  heart rate

Step Test  time  distance  heart rate

Jog / Run Test  time  distance  heart rate

### Musculoskeletal Fitness Assessment

How many sit-ups can you perform in a minute?  reps

How many Pull-ups can you perform in a minute?  reps

How many Push-ups can you perform in a minute?  reps

With nil weight on the Olympic Bar, how many bench press can you perform in a minute?  reps

How many dips can you perform in a minute?  reps

YMCA endurance Bench Press  pounds  reps

Grip Strength Test  pounds

### Flexibility Testing

Sit and Reach  inches

Shoulder Flexibility  fingers don't touch  fingers touch  fingers cross

Hamstring Flexibility  degrees

Lower Back Flexibility  degrees

Hip Extension  degrees

### Body Composition

Height  inches

Weight  pounds

BMI  kgm<sup>2</sup>

% body Fat

Skinfolds

- Chest  mm
- Abdominal  mm
- Thigh  mm
- Suprailliac  mm
- Tricep  mm
- Midaxillary  mm
- Subscapular  mm
- Medial Calf  mm

Circumference measurements

- Chest  inches
- Waist  inches
- Hips  inches
- Thigh  inches
- Calf  inches
- Arm  inches
- Forearm  inches

Sport specific tests:

Other tests:

