

Assessment Analysis

Name: _____

Date: _____

Body Fat

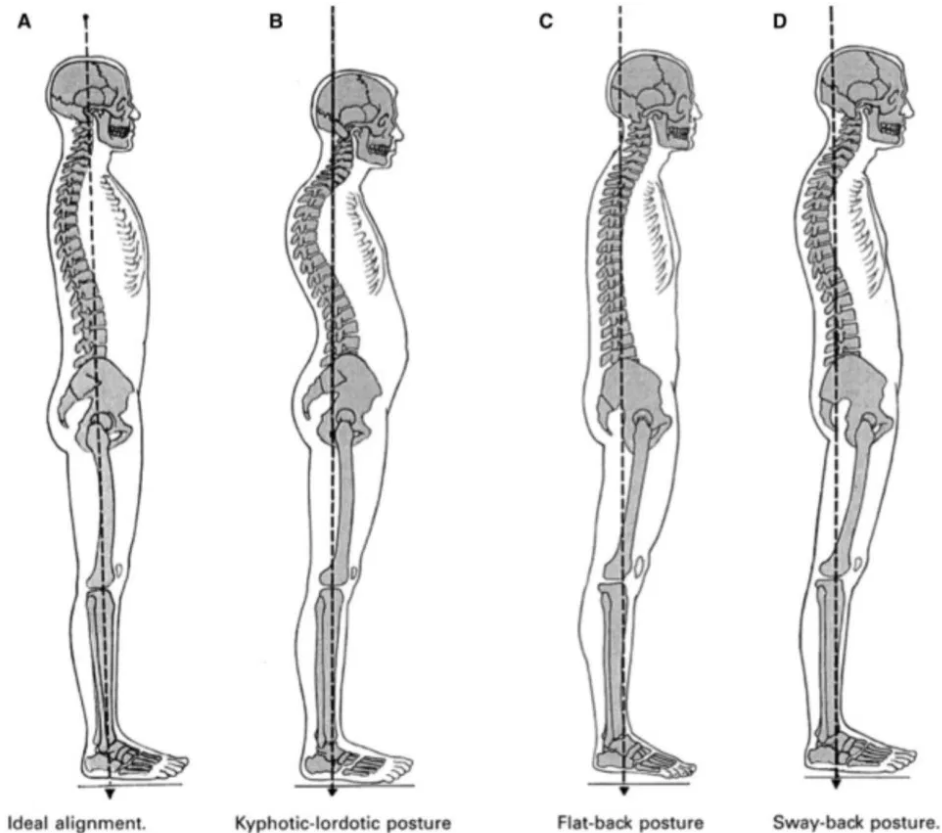
Current: _____

Change Since Last: _____

Circumference Measurement Changes Since Last Assessment:

Neck _____ Shoulders _____ Chest _____ Waist _____ Hips _____
Right Thigh _____ Right Upper Arm _____
Left Thigh _____ Left Upper Arm _____

Posture Analysis



Notes

Physical Tests: Men

3 Minute Step Test

Fitness Category	18-25	26-35	36-45	46-55	56-65	65+
Excellent	< 79	<81	<83	<87	<86	<88
Good	79-89	81-89	83-96	87-97	86-97	88-96
Above Average	90-99	90-99	97-103	98-105	98-103	97-103
Average	100-105	100-107	104-112	106-116	104-112	104-113
Below Average	106-116	108-117	113-119	117-122	113-120	114-120
Poor	117-128	118-128	120-130	123-132	121-129	121-130
Very Poor	>128	>128	>130	>132	>129	>130

Push-Ups

Fitness Category	20-29	30-39	40-49	50-59	60+
Excellent	>54	>44	>39	>34	>29
Good	45-54	34-44	30-39	25-34	20-29
Average	35-44	24-34	20-29	15-24	10-19
Poor	20-34	15-24	12-19	8-14	5-9
Very Poor	< 20	< 15	< 12	< 8	< 5

Max Plank Hold

Fitness Category	18-35	36-44	45-54	55+
Pro	191+	181+	171+	161+
Expert	161-190	151-180	141-170	131-160
Advanced	126-160	106-150	96-140	71-130
Intermediate	91-125	71-105	51-95	41-70
Improver	41-90	36-70	26-50	16-40
Beginner	0-40	0-35	0-25	0-15

Physical Tests: Men

Airdyne

Fitness Category	Male
Excellent	25
Good	20
Above Average	15
Average	10
Below Average	5

Wall Sit

Fitness Category	Male
Excellent	121-180s
Good	91-120s
Average	61-90s
Below Average	31-60s
Very Poor	< 30 s

Movement Screen

TEST		RAW SCORE	FINAL SCORE	COMMENTS
DEEP SQUAT				
HURDLE STEP	L			
	R			
INLINE LUNGE	L			
	R			
SHOULDER MOBILITY	L			
	R			
IMPINGEMENT CLEARING TEST	L			
	R			
ACTIVE STRAIGHT-LEG RAISE	L			
	R			
TRUNK STABILITY PUSHUP				
PRESS-UP CLEARING TEST				
ROTARY STABILITY	L			
	R			
POSTERIOR ROCKING CLEARING TEST				
TOTAL				

Physical Tests: Women

3 Minute Step Test

Fitness Category	18-25	26-35	36-45	46-55	56-65	65+
Excellent	< 85	<88	<90	<94	<95	<90
Good	85-98	88-99	90-102	94-104	95-104	90-102
Above Average	99-108	100-111	103-110	105-115	105-112	103-115
Average	109-117	112-119	111-118	116-120	113-118	116-122
Below Average	118-126	120-126	119-128	121-126	119-128	123-128
Poor	127-140	127-138	129-140	127-135	129-139	129-134
Very Poor	>140	>138	>140	>135	>139	>134

Max Push-Ups

Fitness Category	20-29	30-39	40-49	50-59	60+
Excellent	>48	>39	>34	>29	>19
Good	34-48	25-39	20-34	15-29	5-19
Average	17-33	12-24	8-19	6-14	3-4
Poor	6-16	4-11	3-7	2-5	1-2
Very Poor	< 6	< 4	< 3	< 2	< 1

Max Plank Hold

Fitness Category	18-35	36-44	45-54	55+
Pro	161+	151+	141+	131+
Expert	131-160	121-150	131-140	121-130
Advanced	91-130	81-120	76-130	61-120
Intermediate	61-90	51-80	46-75	31-60
Improver	31-60	26-50	21-45	11-30
Beginner	0-30	0-25	0-20	0-10

Physical Tests: Women

Air Dyne

Fitness Category	Female
Excellent	20
Good	15
Above Average	10
Average	5
Below Average	3

Wall Sit

Fitness Category	Female
Excellent	91-150s
Good	61-90s
Average	31-60s
Below Average	21-30s
Very Poor	< 20 s

Movement Screen

TEST		RAW SCORE	FINAL SCORE	COMMENTS
DEEP SQUAT				
HURDLE STEP	L			
	R			
INLINE LUNGE	L			
	R			
SHOULDER MOBILITY	L			
	R			
IMPINGEMENT CLEARING TEST	L			
	R			
ACTIVE STRAIGHT-LEG RAISE	L			
	R			
TRUNK STABILITY PUSHUP				
PRESS-UP CLEARING TEST				
ROTARY STABILITY	L			
	R			
POSTERIOR ROCKING CLEARING TEST				
TOTAL				