



Track Your Success

5 Ways To Test Your Overall Fitness

andreatothworkouts.com

No Pain, No Gain

No Way!

The old adage "no pain, no gain" when applied to exercise has often led more than one unsuspecting individual to attempt to do too much.

It is in your best interest to keep in mind that exercise does not have to "hurt" to produce improvements in fitness levels.



5 Ways of Testing Your Fitness Level

- 1. Cardiovascular Endurance**
(Walk / Run-Walk / Swim)
- 2. Upper Body Strength**
(Pushups)
- 3. Lower Body Strength**
(Wall Sit)
- 4. Core Strength**
(Elbow Plank)
- 5. Flexibility**
(Zipper Stretch / Sit & Reach)



1.

Cardiovascular Endurance



1/A

Assessment For Cardiovascular Endurance

1.6 km Walking Test For Men

Warm up by walking slowly for 3-5 minutes. Start a timer and walk 1.6 km on a flat walking track or neighbourhood route. You can slow down and speed up as you wish, but the goal is to complete the mile as quickly as possible.

	20-29 yr	30-39 yr	40-49 yr	50-59 yr	60+ yr
Poor	Over 14:30	Over 15:00	Over 15:30	Over 16:30	Over 17:30
Fair	13:40 - 14:30	14:15 - 15:00	14:45 - 15:30	15:15 - 16:30	16:20 - 17:30
Average	13:00 - 13:40	13:30 - 14:15	14:00 - 14:45	14:25 - 15:15	15:15 - 16:20
Good	11:55 - 13:00	12:25 - 13:30	12:55 - 14:00	13:25 - 14:25	14:05 - 15:15
Excellent	Under 11:55	Under 12:25	Under 12:55	Under 13:25	Under 14:05

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.



1/A

Assessment For Cardiovascular Endurance

1.6 km Walking Test For Women

Warm up by walking slowly for 3-5 minutes. Start a timer and walk 1.6 km on a flat walking track or neighbourhood route. You can slow down and speed up as you wish, but the goal is to complete the mile as quickly as possible.

	20-29 yr	30-39 yr	40-49 yr	50-59 yr	60+ yr
Poor	Over 16:30	Over 17:00	Over 17:30	Over 18:05	Over 19:15
Fair	15:05 - 16:30	15:35 - 17:00	16:05 - 17:30	17:00 - 18:05	17:30 - 19:15
Average	14:05 - 15:05	14:35 - 15:35	15:05 - 16:05	15:35 - 17:00	16:20 - 17:30
Good	14:05 - 13:10	14:35 - 13:40	14:10 - 15:05	14:40 - 15:35	15:05 - 16:20
Excellent	Under 13:10	Under 13:40	Under 14:10	Under 14:40	Under 15:05

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.



Assessment For Cardiovascular Endurance

12 Minute Run-Walk Test

The goal of this test is to cover as much distance as possible in 12 minutes.
Make sure you complete a **warm-up** and do a few stretches before you start running.

	Under 30 yr	30-39 yr	40-49 yr	50+ yr
Very Poor	Under 1.6 km	Under 1.5 km	Under 1.37 km	Under 1.28 km
Poor	1.6 - 1.9 km	1.5 - 1.8 km	1.37 - 1.67 km	1.28 - 1.59 km
Fair	2.0 - 2.3 km	1.85 - 2.2 km	1.68 - 2.05 km	1.6 - 1.9 km
Good	2.4 - 2.8 km	2.25 - 2.6 km	2.09 - 2.48	2.0 - 2.3 km
Excellent	Over 2.8 km	Over 2.6 km	Over 2.48 km	Over 2.3 km

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.

Assessment For Cardiovascular Endurance

12 Minute Swimming Test

This test can be used to assess cardiovascular endurance in people who are not able to run or walk comfortably enough to complete the run-walk test. The goal of this test is the same: cover as much distance as possible in 12 minutes. Make sure you **complete a warm-up** and do a few stretches before you start swimming.

	20-29 yr	30-39 yr	40-49 yr	50-59 yr
Very Poor	Under 402 m	Under 382 m	Under 342 m	Under 322 m
Poor	402 - 498 m	382 - 459 m	342 - 419 m	322 - 398 m
Fair	499 - 599 m	460 - 560 m	420 - 519 m	399 - 498 m
Good	600 - 700 m	561 - 660 m	520 - 620 m	499 - 599 m
Excellent	Over 700 m	Over 660 m	Over 620 m	Over 599 m

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.



2.

Upper Body Strength

2

Assessment For Upper Body Strength

Push-Up Test For Men

Men should use the standard “military-style” push-up position with only the hands and the toes touching the floor. The goal is to perform as many push-ups as possible with good form without stopping, until exhaustion. (Lower the arms until there’s a 90 degree angle at the elbows.)

	20-29 yr	30-39 yr	40-49 yr	50-59 yr	60+ yr
Poor	4-9	2-7	1-5	1-4	1-2
Below Average	1-16	8-12	6-10	5-8	3-5
Average	17-29	13-24	11-20	9-17	6-16
Above Average	30-39	25-33	21-28	18-24	17-23
Good	39-47	34-41	28-34	25-31	24-30
Excellent	Over 47	Over 41	Over 34	Over 31	Over 30

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.



2

Assessment For Upper Body Strength

Push-Up Test For Women

Women have the option of using the bent-knee position, with knees on the floor, and hands on either side of the chest. The goal is to perform as many push-ups as possible with good form without stopping, until exhaustion. (Lower the arms until there's a 90 degree angle at the elbows.)

	20-29 yr	30-39 yr	40-49 yr	50-59 yr	60+ yr
Poor	2-6	1-4	1-3	1-2	1
Below Average	7-11	5-9	4-7	3-6	2-4
Average	12-22	10-21	8-17	7-14	5-12
Above Average	23-29	22-30	18-24	15-20	13-18
Good	30-36	30-37	25-31	21-25	19-23
Excellent	Over 36	Over 37	Over 31	Over 25	Over 23

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.





3.

Lower Body Strength



3

Assessment For Lower Body Strength

Single Leg Wall Sit Test

	Men	Women
Poor	Under 25 sec	Under 20 sec
Below Average	25-50 sec	25-35 sec
Average	50-75 sec	35-45 sec
Good	75-100 sec	45-60 sec
Excellent	Over 100 sec	Over 60 sec

Start with your feet shoulder-width apart and your back against a smooth vertical wall. Slowly slide your back down the wall until both your knees and hips are at a 90-degree angle. Lift one leg off the ground and start the timer. When you can no longer keep that leg off the ground stop the timer. After a period of rest, test your other leg.

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.





4.

Core Strength



4

Assessment For Core Strength

Elbow Plank Test

Poor	0-30 seconds
Below Average	30-60 seconds
Average	1-2 minutes
Above Average	2-4 minutes
Good	4-6 minutes
Excellent	Over 6 minutes

Assume an elbow plank position on your forearms with your hips lifted off the floor so that your body creates a straight line from head to toe. Start timing and stop the timer when your hips lower and you're no longer able to hold your back in a straight line.

Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.



5.

Flexibility, Mobility



5/A

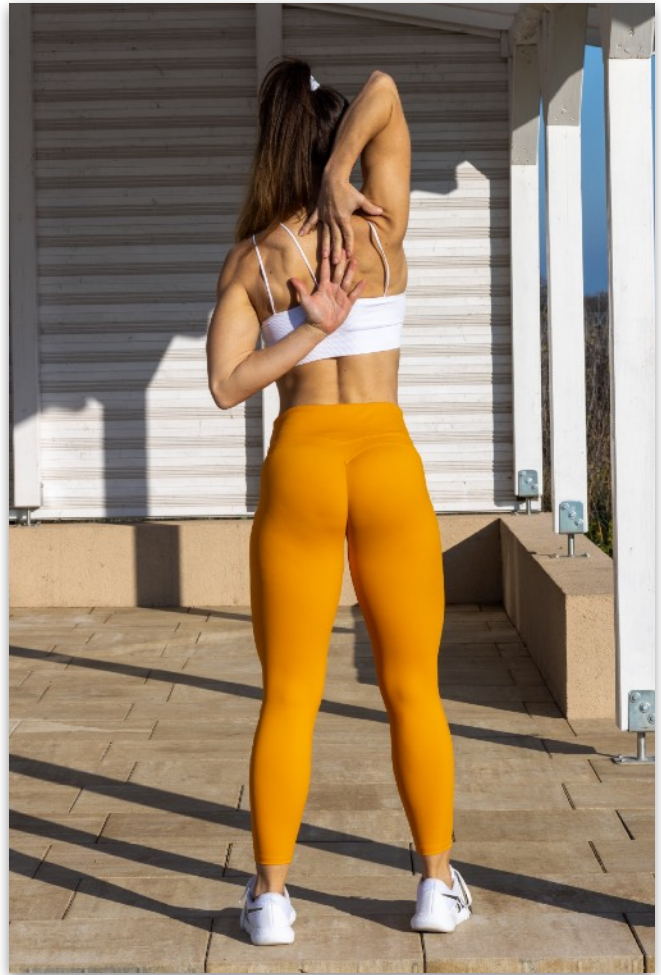
Assessment For Flexibility

Zipper Stretch

A test of upper arm and shoulder girdle flexibility intended to parallel the strength/endurance assessment of that region. Purpose: to be able to touch the fingertips together behind the back. Stand and raise your left arm overhead and bend your left elbow so that the left-hand points down the upper spine between the shoulder blades. Bring your right arm behind the back, and bend the right elbow so the fingers point up the spine, between the scapulae. Measure the distance between the two hands. Good flexibility of the right shoulder exists if the fingertips of both hands can touch. Switch arms and repeat.

Scoring:

- 0 - Did not touch fingertips
- 1 - Just touched fingertips
- 2 - Fingers overlapped by 1-2 cm
- 3 - Fingers overlapped by 3-4 cm
- 4 - Fingers overlapped by 5-7 cm
- 5 - Fingers overlapped by 8 cm or more



Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.



5/B

Assessment For Flexibility

Sit And Reach Test

The Sit and Reach Stretch measures flexibility of the lower back and hamstrings. Purpose: to be able to reach as far as possible without bending the knees. This test involves sitting on the floor with legs out straight. Feet (shoes off) are placed flat against the wall with both knees held flat against the floor. Lean forward slowly as far as possible -to touch your toes- and hold the greatest stretch for 2-3 seconds. Make sure there are no jerky movements.



Follow the instructions, record your results and repeat the tests every few weeks to monitor your progress.





Way To Go!

If you are as fit as you thought you were, good job and keep up the good work!

If you didn't quite make the mark, don't be discouraged. Use the information you have as motivation to do better!

The secret to boosting your fitness is to gradually build on your exercise routine with a combination of strength, cardio and flexibility training.

Stick with a regular fitness program at least three times a week. You'll be surprised by how much you can improve in just three months.