

Resting Heart Rate (Pulse) Instructions

You will need:

- Stopwatch/timer
1. Using your index and middle fingers, lightly press on the inside of the opposite wrist below the base of the thumb.
 2. Using a 15 second timer, count the number of beats you feel.
 3. Multiply by four – the result is your resting heart rate.

Fitness Tests Instructions

Aerobic Fitness Assessments:

Step Test

You will need:

- Stable step approximately 16 inches high
 - Stopwatch/timer
 - [Metronome](#)
1. Set your metronome to 88bpm (female) or 96bpm (male). To complete one step-cycle, step the first foot up (1st beat), then the second foot up (2nd beat), then the first foot down (3rd beat), then the second foot down (4th beat). By following the metronome, this equals 22 (female) or 24 (male) steps-cycles per minute.
 2. Complete 3 minutes of stepping in this manner, for a total of 66 (female) or 72 (male) step-cycles.
 3. Remain standing upon completion. Within 5 seconds, begin counting your heart rate (same method as described above) for 15 seconds. Multiply by four to obtain your Recovery Heart Rate.
 4. Calculate your Estimated Aerobic Fitness using the “Step Test” section on the attached Fitness Assessment Calculator.

Walk Test

You will need:

- Measured course where you can walk exactly 1 mile (Google Maps/Earth can be helpful; multiple laps around the block are a great solution)
 - Stopwatch/timer
1. Start the timer and walk one mile, walking **as fast as you can** while holding a steady pace throughout the test but *without running*.
 2. At the end of one mile, record your time (the lap function on a watch/timer is useful) and while still standing, immediately take your heart rate (same method as described above) for 15 seconds. Multiply by four to obtain your Walk Heart Rate
 3. Calculate your Estimated Aerobic Fitness using the “One Mile Walk Test” section of the attached Fitness Assessment Calculator.

Run Test

You will need:

- Measured course where you can walk exactly 1.5 miles (Google Maps/Earth can be helpful; multiple laps around the block are a great solution)
- Stopwatch/timer

1. Start the timer and run 1.5 miles, running **as fast as you can** while holding a steady pace throughout the test.
2. At the end of 1.5 miles, record your time.
3. Calculate your Estimated Aerobic Fitness using the “1.5 Mile Run Test” section on the attached Fitness Assessment Calculator.

Muscular Endurance Assessments:

Push Up Test (Upper body)

You will need

- A flat surface
 - Mat or towel to place under your knees (modified version)
- Begin in a pushup position on hands and toes with elbows extended and hands shoulder-width apart
 - Modified version: Drop your knees to the floor
 - Drop your hips to create a straight line from toes (or knees) to hip and to the shoulder.
 - While keeping the straight line, lower your upper body until your *elbows reach 90 degrees*. Push back to start position, keeping the straight line. This is one rep.
 - Complete as many reps as possible **without breaking form** (ie the straight position).
 - Record the number of reps you completed. If you want, you can compare this to the age and gender-based norms found on the attached Fitness Assessment Calculator.

Squat Test (Lower body)

You will need

- A flat, solid surface
 - A chair that makes you bend your knees to 90 degrees when sitting (beginners)
- Stand with your feet shoulder-width apart. Extend your arms in front of you or place your hands behind your ears to ensure stability and good form. Gaze should be ahead, but slightly down to keep the spine neutral.
 - Sink your hips down and back and bend your knees, shifting your weight into your heels. Once your *knees reach approximately 90 degrees*, return to the standing position. This is one rep.
 - Beginners: place a chair behind you for reference to ensure you are squatting low enough. You should slightly touch the chair with your butt before standing. Make sure you are not resting on it and then pushing back up.
 - Complete as many reps as possible until fatigue and loss of proper form.
 - Record the number of reps you completed. There are no recognized age and gender-based norms for this test.

Plank Test (Core)

You will need

- A flat surface
 - Mat
 - Stopwatch/timer
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- Begin in the plank position, face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor. Your body should be in a **straight line from head to toe**.
 - Once you are in the correct position, start the timer.
 - Hold this position for as long as you can or until you are unable to hold your back straight or you lower your hips. Engage your abdominal muscles, drawing your navel toward your spine. Ensure your shoulders are down, not creeping up toward your ears.
 - Record the time. There are no recognized age and gender-based norms for this test.