

# How Fit Are You

Now that some of you have been coming to my classes/personal training for a while. I bet you'd like to know how fit you are.

Upper Body Test:

Perform as many bent knee press ups as you can with good technique (no time limit)

Lower Body Test:

Perform as many chair squats as you can again with good technique.

Abs Test:

Perform as many curls as you can in one minute.

Cardio Test:

Time yourself over a distance of 1.5 miles, you can walk, jog or run. If you cannot run all the way at least try and run part of it.

Results:

	Upper Body	Lower Body	Abs	Cardio
Excellent	33+	25+	47+	Below 12.50mins
Good	22-32	20-24	37-47	12:51 – 14:23
Average	10-21	15-19	25-36	“ “
Fair	0-9	10-14	13-24	14:24 – 15:25
Poor	0	0-9	0-13	above 15:26 mins

Don't forget to let me know what your results are.