FITNESS ASSESSMENT FORM

NAME:_____MEMBERSHIP NO._____

TRAINER:_____

BIRTH DATE:_____

MALE:_____ FEMALE:_____

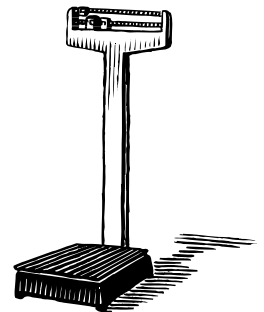HEIGHT:_____

CURRENT WEIGHT:_____CLASSIFICATION:_____

- HEALTHY WEIGHT:_____

CURRENT BMI:_____ _____CLASSIFICATION: _____ _____

- HEALTHY BMI:_____

BODY FAT % ASSESSMENT
MEN/WOMEN

| SKIN FOLD SITE	MEASUREMENT (mm)
CHEST	
MIDAXILLARY	
TRICEP	
SUBSCAPULAR	
ABDOMEN	
SUPRAILIAC	
THIGH	

BODY FAT %:_____ OPTIMAL BODY FAT %_____

Men
- 7 Site Formula (chest, midaxillary, triceps, subscapular, abdomen, suprailiac, thigh)
- Body Density (BD)= $1.112 - 0.00043499$ x (Sum of 7Skinfolds) $+ 0.00000055$ x (Sum of 7 Skinfolds)$^2 - 0.00028826$
- Body Density (BD)= $1.112 - 0.00043499$ x (_____)$+ 0.00000055$ x (_____)$^2 - 0.00028826$ x _____

Women
- Body Density = $1.097 - 0.00046971$ x (Sum of 7Skinfolds) $+ 0.00000056$ x (Sum of 7 Skinfolds)$^2 - 0.0002826$ x age)
- Body 7 Site Formula (chest, midaxillary, triceps, subscapular, abdomen, suprailiac, thigh)
- Density = $1.097 - 0.00046971$ x _____ $+ 0.00000056$ x (_____)$^2 - 0.0002826$ x _____
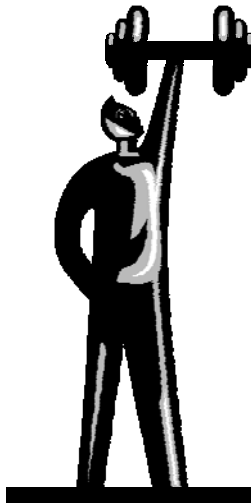
MUSCULAR STRENGTH TESTING

UPPER BODY STRENGTH ASSESSMENT
BENCH PRESS TEST

40%-60% of Perceived Maximum:_____lbs. (5-10 reps)

60%-80% of Perceived Maximum:_____lbs. (3-5 reps)

1-RM:_____lbs.   Classification:_____

LOWER BODY STRENGTH ASSESSMENT
LEG PRESS TEST

40%-60% of Perceived Maximum:_____lbs. (5-10 reps)

60%-80% of Perceived Maximum:_____lbs. (3-5 reps)

1-RM:_____lbs.   Classification:_____

MUSCULAR ENDURANCE TESTING

UPPER BODY ENDURANCE ASSESSMENT
PUSH-UP TEST

Maximal number of Push-Ups performed consecutively without rest:_____

Classification:_____

CORE ENDURANCE ASSESSMENT
ABDOMINAL CRUNCH TEST

Maximal number of Crunches performed consecutively without rest:_____
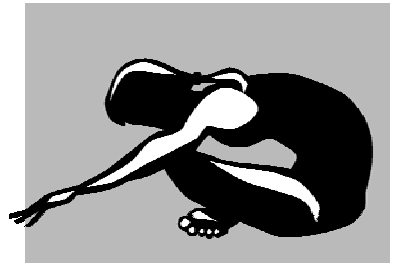
Classification:_____

FLEXIBILITY TESTING

HAMSTRING, HIP, AND LOWER BACK FLEXIBILITY ASSESSMENT

SIT-AND-REACH TEST

Trial 1:_____ Trial 2:_____ Trial 3:_____

Best Trial:_____ Classification:_____

CARDIOVASCULAR ASSESSMENT

Resting HR:_____BPM

Resting BP:_____mmHg

ACSM CARDIORESPIRATORY CLASSIFICATION

Light Exercise: 35%-54%:_____

Moderate Exercise: 55%-69%:_____

Hard Exercise: 70%-89%:_____

220 – age = Max predicted HR

MPHR x % = Intensity level