

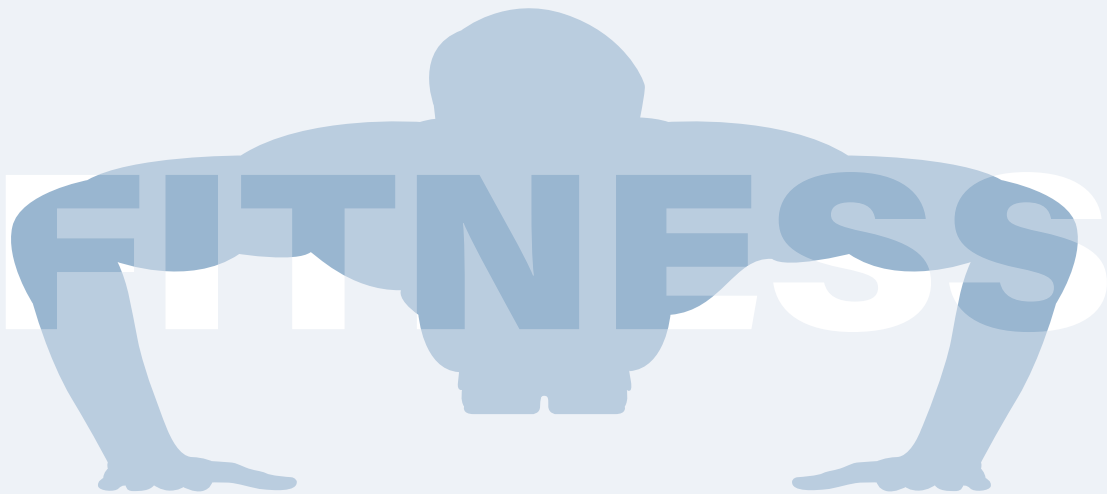


FITNESS LEVEL TESTING

Fitness Level Testing

The following fitness level tests are not about comparing yourself to averages.

These fitness level tests are designed to initiate the mind, and body connection as well as set a benchmark for improvements. Testing your level of fitness can help you identify your level of endurance, strength, flexibility, balance, and more. Doing these fitness tests can improve your posture and empower you to set specific relevant goals so you can enjoy exercises that benefit you every day.



the **art** of personal training from the inside out



Are you aware of how your actions affect your posture and the flow of energy throughout your body?

What Gets Measured Gets Managed

Setting a benchmark with fitness tests creates motivation that can help you set realistic and attainable goals.

POSTURE AND ENERGY FLOW

Doing any activity out of alignment will eventually cause future problems with your spine, and joints. One of the most common is back and knee injuries! However, there are techniques you can easily learn to protect your spine and prevent injury. The **4 CUES** described on the following page can help you improve your posture in motion to prevent injuries.

POSTURE IN MOTION

The alignment of your body in motion correlates to the length tension relationships between working and opposing muscles which effects **dynamic posture** during our every day physical activities. In other words, how you get up, stand, walk, sit, reach, lift, and bend effects your posture and the flow of energy throughout your body.



POSTURE

Have a Healthy Posture in Motion (Dynamic Posture)

Memorize the following four cues that are the basis of functional training to help prevent injury. Maintaining good posture and joint alignment is critical to perform exercises you choose for the everyday activities you enjoy.

4 Cues Posture Check System

SPINE IN NEUTRAL: Maintain the natural curves of the spine. Think of a plumb line running through the ears down the torso, legs, and feet. Imagine gravity lifts you instead of pulling you down.

HEAD BALANCED: Keep your chin level, head balanced over shoulders to prevent neck strain. The average human head weighs about 10 lb. Moving your head out of alignment adds 2-3 times more weight and can cause stress on your spine. Be mindful your head is balanced over shoulders to help prevent pressure on your cervical spine.

SHOULDERS ALIGNED: Retract your scapular (shoulder blades) slightly while keeping them relaxed to prevent shoulders from tensing up into the neck and rounding forward. Doing this helps to prevent chronic neck pain caused by rounded shoulders pushing your head out of alignment.

JOINTS PROTECTED: Prevent problems maintaining muscle strength, range of motion, and proper body mechanics. (good posture) While doing the same repeated movements, make sure you never snap joints in a hurry to complete a repetition.

“Form determines function: the shape of a body part directly affects what it can do.”



DYNAMIC



Heart Rate Warm Up

Choose a version of the “Cross Crawl” that will challenge you. Practice before **testing.**

The cross crawl is a cross-lateral walking in place exercise. By touching the right elbow to the left knee and then the left elbow to the right knee, large areas of both brain hemispheres are activated at the same time. When done on a regular basis, at a slow pace, more nerve networks form and more connections are made in the corpus callosum (where the two sides meet), thus making communication between the two hemispheres faster and more integrated for high level reasoning.

Cross Crawl Marching: March in place, lifting an arm and the opposite leg as high as possible. Speed is not as important as full range of motion. In fact the slower this exercise is performed the greater the control necessary and the greater the benefits. The more range of motion you achieve, the more stimulus your brain receives and the greater the incentive the brain has to establish its new pattern. Do as many as you can in good form and stop as soon as your posture is compromised. It is the "quality" of your performance that matters NOT the quantity.

Cross Crawl Benefits

- Stabilizes walking gait
- Builds coordination and core strength
- Energizes your body
- Calms your mind
- Releases stress
- Improves focus
- Enhances whole-brain thinking left and right hemispheres
- Develops proprioception - your spatial and kinesthetic recognition
- Increased self-awareness
- Situational insight
- Clarity of thought
- Impulse control



Cross Crawl Supine:

Lie down on your back with arms by your sides and the palms flat against the floor. “Inhale”, bringing the left knee to the chest and at the same time bring the right arm up and over to the ground behind you. “Exhale” into the starting position. Repeat with the opposite arm and opposite leg. *Variation: elbow to knee.*

Quadruped: (Kneeling on hands and knees) Start with just the arm up and then leg up gracefully to get your balance. Slowly, alternate arm and leg for each side. Keep the spine elongated by directing the energy in your plane of motion. Stay focused throughout the moves.



ADVANCED Crawl Exercises



Leopard Crawl: The Leopard Crawl starts in a push-up position and promotes great movement coordination as it forces contra-lateral movement (opposite arm and leg) and core stability. This movement is slow, steady and small as the opposite arm and leg step together while maintaining a solid extended push-up position.

Bear Crawl: The Bear Crawl starts from a position that has high hips compared to a push-up position with both knees slightly bent. Movement is the same as the Leopard Crawl as it is contra-lateral with the opposite arm moving at the same time as the opposite leg.



Seal Walk: Start in a push-up position with your fingers toward feet and your spine in a neutral position. If more comfortable, turn your hands out slightly to about a 45-degree position. **To initiate the movement:** Move one hand about a foot out in front of you and then repeat with the other hand. Minimize the rotation and lateral shifting of your hips as you move and be sure not to lock out your elbows during this exercise. Advanced: hop upward

Eyes Closed: Choose the Cross Crawl version appropriate for your level of fitness to maintain neutral spine. For safety, perform near a wall or high back chair to hold on to if standing or have someone spot you.

Cross Crawling is excellent for activating full mind and body function, and especially helpful for those with dyslexia, stroke, or conditions that require relearning daily functions.

How quickly
does Your
Heart Recover
from physical
activities?

RECOVERY

Heart Rate Recovery Test

1. Record your pulse rate before you begin.
One Minute Reading at Rest: _____
2. Get your muscles warmed up for a few minutes
3. Gradually increase your speed while maintaining form and pick up the pace as fast as you can.
4. When you reach 5 minutes, check your pulse and record your **Peak Heart Rate:** _____
5. Cool down gradually at a slower pace. Set your timer to count up.
6. When you feel recovered, record how long it took you to recover. **Time:** _____
7. Check your pulse to see if it's higher, lower, or back to starting Heart Rate. **Recovery HR:** _____

RESULTS: Higher means your heart needs conditioning to work that hard, or you may need a longer warm up time. If it was lower, note to take your pulse sooner next time you do this test to know your actual recovery rate, or you may need to push a little harder. If back to your starting heart rate, then you can challenge yourself with an advanced exercise.

Other factors that can affect test results are how you are feeling and if you got enough sleep. When you test again, make sure you do the test at the same time of day.

What is Your Range of Motion?



Flexibility Test

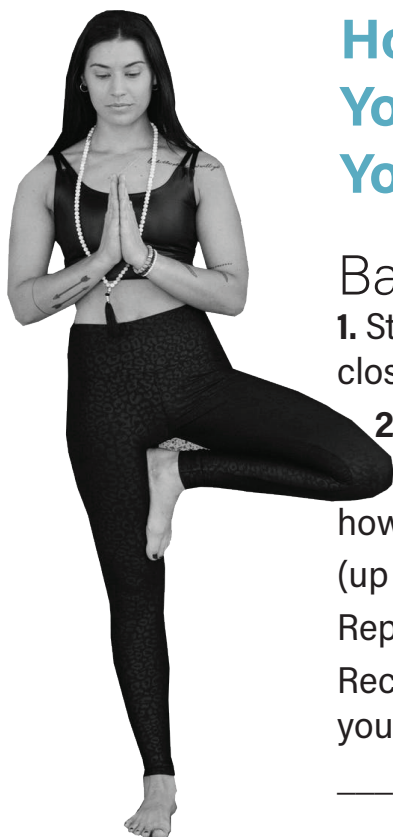
Testing ROM (Range Of Motion)

1. Stand with feet hip width apart, tighten quadriceps (thighs), and reach for your toes. Note the distance you reached.
2. Stand with feet hip width apart, place a small ball between your knees raise your heels off the floor and lower without touching the floor 20 times (no more than 20)
3. Again, Stand with feet hip width apart, tighten quadriceps (thighs), and reach for your toes or beyond.

Record the **Distance Reached:** _____

Did you notice an improvement the second time doing this?

How Long Can You Maintain Your Balance?



Balance Test

1. Stand with feet facing forward and slightly closer in than hip width apart.
2. Maintain neutral spine (good posture)
3. Lift knee to hip level and time how long you can maintain your form without moving.

(up to 3 min.) **Right Leg Length of Time:** _____

Repeat with the **Left Leg Length of Time:** _____

Record any differences and note any muscle imbalances you felt. **Difference:** _____

How Long Can You Hold Your Body Weight?



Muscular Strength Test

The plank tests your core strength. The starting position is the same as the **push up cues** in the up position.

Modifications:

Too difficult?

Modify position from your knees instead of toes. Slightly bend elbows. Your body should form a straight line within the natural curves of your spine from your knees to your head.



Too easy?

Position your hands further down in line with your waist or hold one of your legs off the floor or one arm behind your back.



Time how long you can sustain the upright position in good form.
(If 3 minutes achieved, advance starting position)

Time: _____

How Many Times Can You Lift Your Body Weight?

Muscular Endurance Test

You should be well rested before doing this test.

Perform the push up from toes, knees or variation.



Push-Up

Place hands a comfortable distance apart just beyond shoulder-width. Your body should form a straight line from your ankles to your head.

Variations: There are many ways you can do a push up. Here are a few to try.



Fitness Ball Push-Up

Adjust your position on the fitness ball. The less of your body on the ball, the more challenging the exercise will be.



Diamond Push-Up

(targets triceps)

Adjust your hand position to form a diamond shape with thumbs and fingers as shown.

Push-Up Cues

1. Head and neck should be neutral, elongated along the curves of the spine. (As if standing with ideal posture)
 2. Shoulders retracted, depressed, and medially rotated towards spine.
 3. Hip flexors and core are activated to keep the hip joint (not the glute muscles) in-line with spine.
 4. No hip or knee sag: Contract quads and hip flexors (not the glutes/hamstrings)
 5. Feet are perpendicular to floor (staying tall on the toes. This allows optimal rotational movement of the body to occur.
 6. Count how many you can do in a minute.
- Test is over the moment you lose your neutral spine (proper form)***

Number of Push Ups in 1 minute: _____

Manage Your Fitness

DATE _____

Heart Rate Recovery Test Results

GOAL: _____

Summarize Results!

Set New Goals!

Flexibility Test Results

GOAL: _____

Stay on Track!

Balance Test Results

GOAL: _____

Re-Test Every 21 Days

Strength Test Results

GOAL: _____

Be Motivated!

Strength Endurance Test Results

GOAL: _____