

## Men's Fitness Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Height: \_\_\_\_\_

Age: \_\_\_\_\_

Weight: \_\_\_\_\_

### Resting Metabolic Rate

Height, Age, Weight Formula: \_\_\_\_\_

Body Composition Formula: \_\_\_\_\_

Combined (avg) Formula RMR: \_\_\_\_\_

### Body Fat Percentage

Body Fat %: \_\_\_\_\_

Men - Age	Superior	Excellent	Good	Fair	Unhealthy	Risk
20-29	2-8%	9-13%	14-17%	18-21%	22-28%	29-36%
30-39	5-13%	14-17%	18-20%	21-23%	24-29%	30-36%
40-49	7-15%	16-19%	20-22%	23-25%	26-30%	31-37%
50-59	8-17%	18-20%	21-23%	24-27%	28-31%	32-38%
60+	8-17%	18-21%	22-24%	25-28%	29-32%	33-41%

### Sit-Up Test

Knees up, feet flat on floor, back flat on ground. Client puts hands at mid thigh level and crunches up until hands are on knees, then returns to starting position. Test is either to failure or 1 minute, whichever comes first.

Sit-ups:

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above Avg	39-43	35-39	30-34	25-28	21-24	19-21
Avg	35-38	31-34	27-29	22-24	17-20	15-18
Below Avg	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor	<25	<22	<17	<9	<9	<7

### Push Up Test

“Military style”, pushup position with only hands and toes touching the floor. Test is for 1 minute or to failure, whichever come first.

#### **Push Ups:**

<b>Age</b>	<b>17-19</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>Excellent</b>	>56	>47	>41	>34	>31	>30
<b>Good</b>	47-56	39-47	34-41	28-34	25-31	24-30
<b>Above Avg</b>	35-46	30-38	25-33	21-27	18-24	17-23
<b>Avg</b>	19-34	17-29	13-24	11-20	9-17	6-16
<b>Below Avg</b>	11-18	10-16	8-12	6-10	5-8	3-5
<b>Poor</b>	4-10	4-9	2-7	1-5	1-4	1-2
<b>Very Poor</b>	<4	<4	<2	0	0	0

### Sit and Reach Test

Sit up on the floor, legs straight (about 6 inches apart), hands together, stretch as far forward as possible. Measure from fingertips to the bottom of shoes.

#### **Sit & Reach:**

<b>Age</b>	<b>Centimeters</b>
<b>Super</b>	>+27
<b>Excellent</b>	+17 to +27
<b>Good</b>	+6 to +16
<b>Average</b>	+0 to +5
<b>Fair</b>	-8 to -1
<b>Poor</b>	-19 to -9
<b>Very poor</b>	<-20