

Fitness Assessment

Client:

Date:

Age:

Height:

Weight:

Antropometric measurements

Waist:

Hip:

Waist/hip ratio:

Body Fat %:

Quadriceps:

Calves:

Chest:

Biceps:

Shoulders:

Cardiovascular Fitness

Resting HR and BP:

Recovery HR and BP (5min post exercise) after 5min at 75% max HR:

Musculoskeletal fitness (Upper and lower body strength and muscular endurance).

Push-ups (max):

Partial curl-ups (60 sec):

Back Extension (held):

Squat position (held):

Flexibility

Shoulder flexibility:

Sit or Stand and reach (lower back, gastrocnemius, and hamstring flexibility):

Trunk rotation: