



FITNESS ASSESSMENT INSTRUCTIONS

Modified Step Test

- Utilize an 12-inch step or platform.
- Step up and down on step or platform 96 times per minute for 3 minutes.
- Measurement – Sit down and count your heart rate for one minute.
- http://www.sparkpeople.com/resource/fitness_articles.asp?id=1115
- https://www.youtube.com/watch?v=7_lSfbd4FQY

Timed Plank

- Get into push-up position, bend elbows 90 degrees, and rest your weight on your forearms.
- Elbows should be directly beneath your shoulders.
- Body should form a straight line from your head to your feet.
- Measurement - Hold the position for as long as possible and record time.
- <https://www.youtube.com/watch?v=kYkB-Vbdn6s>

Push-Ups

- Place your hands firmly on the ground, directly under shoulders.
- Ground your toes into the floor to stabilize your lower half.
 - As a modification, you may stabilize your lower body from your knees rather than toes.
- Brace your core, engage glutes and hamstrings, and flatten your back so your entire back is neutral and straight.
- Lower your body until your chest grazes the floor – keeping your body straight.
- Push back up into starting neutral position.
- Measurement - Do as many push-ups as possible in one minute and record number.
- https://www.youtube.com/watch?v=Eh00_rniF8E

Timed Wall Sit

- Start by standing about 2 feet away from a wall with your back against the wall.
- Slide your back down the wall until your hips and knees bend at a 90-degree angle.
- Keep your shoulders, upper back, and the back of your head against the wall.
- Both feet should be flat on the ground with your weight evenly distributed.
- Measurement - Hold this position for as long as possible and record time.
- <https://www.youtube.com/watch?v=-cdph8hv000>

Steps Per Minute

- Utilize an 8-inch step or platform.
- Measurement - Step up and down on the step or platform as many times as possible in one minute and record number.